ELEMENTARY

HEALTH

AUTHORIZED RESOURCES ANNOTATED LIST

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A43
1996

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CURRGDHT

Alberta
EDUCATION

Curriculum Standards Branch
1996

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ELEMENTARY HEALTH

Authorized Resources Annotated List

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Overview

This comprehensive, annotated resource list is designed to assist you in selecting health resources for your elementary classroom.

Organization

The authorized resources are listed under two main headings: Series and Individual Resources. Series and Individual Resources are listed alphabetically under each grade level.

Please Note: Resources to be withdrawn in August 1996 are not included in this list.

Additional Information

Withdrawals of Authorized Resources, a listing of suppliers, Regional Resource and Urban Media Centres, Other Sources of information for Health teachers, and a title/series index are included as additional information.

Updates

Updates to this list will be provided periodically. Information on new resource authorizations is included in Connection, published three times a year and distributed to all jurisdictions and schools by the Student Programs and Evaluation Division.

Pricing Information

Prices as of September 1995 are identified in each entry. Please contact the Learning Resources Distributing Centre (LRDC) or the supplier for current prices, including GST and shipping charges. Updated LRDC costs are also given in the current LRDC Buyers Guide. These prices are subject to change without notice.

Resource Authorization Categories

The following abbreviations have been used to denote Resource Authorization Categories:

AT - Authorized Teaching
B - Basic
S - Support

Series

The health series comprise both teaching and student learning materials. In this annotated list, the series containing Basic resources are listed first. Other Health series follow alphabetically within each grade.

Individual Resources

These resources stand alone as teacher reference or student learning materials. The single component resources often have application across a range of grade levels and are listed alphabetically within each grade level.

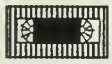
Icons

Icons used in this annotated list:

Teaching Resources

Student Big Books

Student Resources


Videocassettes

ELEMENTARY HEALTH

The program of studies for elementary health is organized around five themes that are taught at each grade level. The following chart provides an overview:

Theme I: Self-Awareness and Acceptance

A. Finding Yourself
B. Feelings
C. Personality
D. Responsibility to the World

Theme II: Relating to Others

A. Peers
B. School

Theme III Life Careers

A. Self-Understanding
B. Life Careers
C. Career Awareness, Planning and Preparation

Theme IV: Body Knowledge and Care

A. Body Development
B. Nutrition
C. Growing Up Healthy
D. Diseases and Drugs
E. Safety and First Aid
F. Protecting People's Health

Theme V: Human Sexuality (Grades 4-6)

A. Puberty
B. Reproduction

AUTHORIZATION OF RESOURCES

Alberta Education selects, acquires, develops, produces, translates and authorizes the best possible instructional materials for the implementation of approved programs of study. Authorized resources meet Alberta Education's criteria for acceptability, including:

- criteria for curriculum fit and instructional design
- criteria for tolerance and understanding
- developmental analysis
- physical properties
- cost
- Canadian content.

Resource Authorization Categories

Authorized Teaching resources are those teaching resources produced externally to Alberta Education (for example, by publishers) that have been reviewed by Alberta Education, found to meet the criteria of review and to be the best available resources to support the implementation of programs of study and courses, and the attainment of the goals of education; they have been authorized by the Minister. Teaching resources produced as service documents by Alberta Education, such as teacher resource manuals (TRMs), diagnostic programs and monographs, are authorized by definition.

Basic learning resources are those student learning resources authorized by Alberta Education as the most appropriate for addressing the majority of learner expectations of the course(s), substantial components of the course(s), or the most appropriate for meeting general learner expectations across two or more grade levels, subject areas or programs as outlined in provincial programs of study. These may include any resource format, such as print, computer software, manipulatives, video.

Support learning resources are those student learning resources authorized by Alberta Education to assist in addressing some of the learner expectations of course(s) or components of course(s); or to assist in meeting the learner expectations across two or more grade levels, subject areas or programs, as outlined in the provincial programs of study.

Note:

The **School Act**, Statutes of Alberta 1988, Chapter S–3.1, as amended, indicates that a school board may develop or acquire instructional materials for use in programs or in schools. **Selection of instructional resources is not restricted to those authorized by Alberta Education.** [Refer to section 44(2)(a.1).]

INSIDE OUT

Authors: J. Campbell and J. Logelin
Publisher/Distributor: Globe/Modern Curriculum Press / Prentice Hall Canada

Inside Out is a comprehensive health program designed for elementary students. This language and literature-based integrated program focuses on promoting healthy behaviour. The series promotes personal responsibility, self-respect and respect for others, respect for the global environment, and the development and utilization of decision-making skills. Topics include: self worth, personality, feelings, responsibility, friends, families, school, grown-ups, work, body growth and development, nutrition, fitness, body care, disease, drugs, safety, first aid, and environment. Suggestions for integrating literature, art and physical education are provided. Center activities are included with every lesson.

SUPPLIER: **LRDC**

		Order No.	Est. Cost
Themes I, II, III, IV			
TEACHING AND STUDENT COMPONENTS			
Big Books			
Some Body! Copyright / ISBN **1992 / 0889963150**	***Authorized Teaching - Kindergarten Basic - Grade 1***	**307282**	**$55.55**
Some Body! focuses on body parts and their functions, as well as the senses.			
What Makes a Body Healthy? Copyright / ISBN **1992 / 0889963177**	***Authorized Teaching - Kindergarten Basic - Grade 1***	**307290**	**$55.55**
What Makes a Body Healthy? focuses on behaviours and care that promote healthy bodies. It discusses physical activity, nutrition, rest and cleanliness, and healthy environments.			
What Makes a Body Safe? Copyright / ISBN **1992 / 0889963193**	***Authorized Teaching - Kindergarten Basic - Grade 1***	**307307**	**$55.55**
What Makes a Body Safe? focuses on phone, pedestrian, bus, vehicle, school, play, water, winter, home and medicine safety. It also discusses safety signs and symbols.			
Who's So Special? Copyright / ISBN **1992 / 0889963134**	***Authorized Teaching - Kindergarten Basic - Grade 1***	**307315**	**$55.55**
Who's So Special? focuses on the concept that each person is special, with unique combinations of qualities, characteristics and abilities. It also deals with concepts of change, growth, feelings, and family.			
TEACHING COMPONENTS			
Teachers' Resource Books			
Lesson guides in the Teacher's Resource Book match the Big Book pages and include extension, concept development, and center activities.			
Inside Out: Level K: Teachers' Resource Book Copyright / ISBN **1992 / 0889963126**	***Authorized Teaching - Kindergarten / Grade 1***	**307274**	**$33.30**

INSIDE OUT

Authors: J. Campbell and J. Logelin
Publisher/Distributor: Globe/Modern Curriculum Press / Prentice Hall Canada

Inside Out is a comprehensive health program designed for elementary students. This language and literature-based integrated program focuses on promoting healthy behaviour. The series promotes personal responsibility, self-respect and respect for others, respect for the global environment, and the development and utilization of decision-making skills. Topics include: self worth, personality, feelings, responsibility, friends, families, school, grown-ups, work, body growth and development, nutrition, fitness, body care, disease, drugs, safety, first aid, and environment. Suggestions for integrating literature, art and physical education are provided. Center activities are included with every lesson.

SUPPLIER: **LRDC**

Order No. Est. Cost

Themes I, II, III, IV

STUDENT COMPONENTS

The Level One books feature a child known as "Super Who." This character demonstrates concepts which would be portrayed by a child of the Level One age. Students are encouraged to recognize themselves as "Super Who's."

Big Books

Super Fit, Super Fed (Big Book) *Basic* **282947 $53.10**
Copyright / ISBN **1992 / 088996324X**
Super Fit, Super Fed focuses on the concept that healthy children look good and feel happy, and have the energy to work and play. Topics include: growth, physical activities and capabilities, exercise, relaxation and rest, posture, nutrition and food groups.

Super Healthy (Big Book) *Basic* **282955 $56.25**
Copyright / ISBN **1992 / 0889963223**
Super Healthy focuses on the body's abilities. It presents information and encourages discussion on the senses as special abilities of the body, staying healthy and clean, and dealing with germs and illness.

Super Safety (Big Book) *Basic* **282963 $53.10**
Copyright / ISBN **1992 / 0889963266**
Super Safety focuses on safety as being an important part of our lives. Super Who is shown in various situations that include traffic signs and street safety, being a safe passenger, public play areas, outdoor and water safety, home safety, and interacting with adults and younger children.

Super Who? (Big Book) *Basic* **282971 $53.10**
Copyright / ISBN **1992 / 0889963207**
Super Who? focuses on the concept that each person is special, individuals have similarities and differences, and each person has a variety and range of abilities The book includes discussions on: helping others, sharing feelings, the difference between reality and fantasy, and taking responsibility.

TEACHING COMPONENTS

Teachers' Resource Books

Lesson Guides in the Teacher's Resource Book match the Big Book pages and include extension and concept development activities.

Inside Out: Teachers' Resource Book, Level One *Authorized Teaching* **282997 $31.85**
Copyright / ISBN **1992 / 0889963215**

	Order No.	Est. Cost

Activity Masters

The Learning Activities Package contains master copies for 71 activities that complement the Centre Activity found in each Lesson Guide of the Teacher's Resource Book. The masters are suitable for class, group or individual student work. It also includes Learning Centre instructions that can be copied and laminated for use in centres. The activities are designed for a range of capabilities.

Inside Out: Learning Activities Package, Level One	***Authorized Teaching***	**283002**	**$63.75**

Copyright / ISBN **1992 / 0889963622**

CONCEPT HEALTH: HOW THE BODY WORKS

Publisher/Distributor: Globe/Modern Curriculum Press / Prentice Hall Canada

How the Body Works is a collection of ten titles. They focus on the parts of the body, and how those parts work, and how to protect them. These book titles are self-explanatory. This series is authorized for use in Grades 1 to 3.

SUPPLIER: **LRDC**

Theme IV

STUDENT COMPONENTS

Text Sets

How the Body Works (Small Books, Big Books) *Support*

Copyright / ISBN 1992 /		Order No.	Est. Cost
0813693608	(Your Brain and Your Senses - Pkg of 5)	282864	$26.55
0813693560	(Your Eyes - Pkg of 5)	282872	$26.55
0813693616	(Your Ears - Pkg of 5)	282880	$26.55
0813693624	(Your Skin - Pkg of 5)	282830	$26.55
0813693578	(Your Bones and Muscles - Pkg of 5)	282848	$26.55
0813693632	(Digestion and Energy - Pkg of 5)	282856	$26.55
0813693586	(Your Heart - Pkg of 5)	282799	$26.55
0813693640	(Your Lungs - Pkg of 5)	282806	$26.55
0813693594	(Your Teeth - Pkg of 5)	282814	$26.55
0813693659	(Growing and Changing - Pkg of 5)	283226	$26.55
0813628814	(Your Teeth - Big Book)	282773	$31.85
0813628806	(Your Heart - Big Book)	282781	$31.85
0813628792	(Your Bones and Muscles - Big Book)	282822	$31.85
0813628784	(Your Eyes - Big Book)	283200	$31.85

TEACHING COMPONENTS

Teacher's Guide

The teacher's guide supplies key concepts and teaching suggestions. A lesson is provided for each book and includes prereading activities, hands-on projects, writing, cooperative learning, and suggestions for integration with other curriculum areas.

How the Body Works: Teacher's Guide *Authorized Teaching* 283052 $8.05
Copyright / ISBN 1992 / 081362875X

CONCEPT HEALTH: STAYING HEALTHY AND FIT

Publisher/Distributor: Globe/Modern Curriculum Press / Prentice Hall Canada

Staying Healthy and Fit is a collection of five titles, focussing on the things children can do to be healthy and safe. These book titles are self-explanatory. This series is authorized for use in Grades 1 to 3.

SUPPLIER: **LRDC**

			Order No.	Est. Cost
Theme IV				
STUDENT COMPONENTS				
Text Sets				
Staying Healthy and Fit (Small Books, Big Books)		*Support*		
Copyright / ISBN 1992 /	0813693667	(Eating Healthy Foods - Pkg of 5)	283119	$26.55
	0813693675	(Exercise and Rest - Pkg of 5)	283127	$26.55
	0813693683	(Drugs, Alcohol, and Smoking - Pkg of 5)	283135	$26.55
	0813693691	(Safety at Home - Pkg of 5)	283078	$26.55
	0813693705	(Safety Outside the Home - Pkg of 5)	283086	$26.55
	0813628822	(Eating Healthy Foods - Big Book)	283268	$31.85

TEACHING COMPONENTS

Teacher's Guide

The teacher's guide supplies key concepts and teaching suggestions. A lesson is provided for each book and includes prereading activities, hands-on projects, writing, cooperative learning, and suggestions for integration with other curriculum areas.

Staying Healthy and Fit: Teacher's Guide	*Authorized Teaching*	283060	$8.05
Copyright / ISBN 1992 / 0813628768			

CONCEPT HEALTH: YOUR HEALTH AND YOUR WORLD

Publisher/Distributor: Globe/Modern Curriculum Press / Prentice Hall Canada

Your Health and Your World is a collection of five titles, presenting a global perspective of how people and things can affect the health of children. The topics are designed to raise the consciousness of children regarding air and water pollution, physically challenged people, and the importance of getting along with others. These book titles are self-explanatory. This series is authorized for use in Grades 1 to 3.

SUPPLIER: **LRDC**

Order No. Est. Cost

Theme IV

STUDENT COMPONENTS

Text Sets

Your Health and Your World (Small Books, Big Books) *Support*

Copyright / ISBN **1992 / 0813693527 (Air, Water and Your Health - Pkg of 5)** **283218** **$26.55**
0813693551 (Feeling Good about Yourself - Pkg of 5) **283143** **$26.55**
0813693519 (People Who Help You Stay Healthy - Pkg of 5) **283193** **$26.55**
0813693543 (Physically Challenged People - Pkg of 5) **283242** **$26.55**
0813693535 (When People Get Sick - Pkg of 5) **283234** **$26.55**
0813628830 (People Who Help You Stay Healthy - Big Book) **283250** **$31.85**

TEACHING COMPONENTS

Teacher's Guide

The teacher's guide supplies key concepts and teaching suggestions. A lesson is provided for each book and includes prereading activities, hands-on projects, writing, cooperative learning, and suggestions for integration with other curriculum areas.

Your Health and Your World: Teacher's Guide ***Authorized Teaching*** **283044** **$8.05**

Copyright / ISBN **1992 / 0813628776**

HEAD TO TOE

Head to Toe is a primary health series consisting of fifteen, 15-minute video programs and a teacher's guide. The series was developed to help children in the elementary grades understand the workings of the human body and to acquire the knowledge, attitudes and practices necessary to achieve and maintain good health. It stresses the prevention of risky health behaviours, introduces the human body's structure and functions, and includes model practices that will keep the body healthy and safe. This series is authorized for use in Grades 1 to 4.

SUPPLIER: **ACCESS**

Theme IV

		Order No.	Est. Cost
In the Beginning; Cells: Your Starting Place; In a Heartbeat; Muscles: Holding You Together; Standing Tall; Fueling Up; From Fuel to Waste; Fresh Air; Control Center; Fighting Germs and Diseases; Sounds; Sights; A Healthy Smile; Staying Healthy; Safety First	***Support***	**367200**	**$80.75 (Includes print)**

Copyright / ISBN **1994 / 0784207232 (Teacher's Guide)**

In the Beginning (BPN 367201) Students learn how a human baby develops and how to keep younger children safe.

Cells: Your Starting Place (BPN 367202) Students learn about parts and functions of the cell, genetic traits, and the importance of good health habits.

In a Heartbeat (BPN 367203) Discusses how the circulatory system works, protecting the heart by avoiding tobacco and the importance of exercise.

Muscles: Holding You Together (BPN 367204) Explains how muscles work, what they do in the body, and how to keep them healthy with proper eating and exercise.

Standing Tall (BPN 367205) Explains how bones are made, what they do in the body, how to keep bones healthy by eating well and how to prevent injury.

Fueling Up (BPN 367206) Teaches students how the body uses food and how to eat well for good nutrition.

From Fuel to Waste (BPN 367207) Describes how the organs of the excretory system work (digestive, urinary and skin) and explains ways to keep these organs healthy.

Fresh Air (BPN 367208) Explains how the body breathes, discusses asthma and other respiratory problems and how to protect the respiratory system by avoiding pollutants.

Control Centre (BPN 367209) Teaches how the nervous system works, how to protect the brain by avoiding drugs, and the importance of sleep.

Fighting Germs and Diseases (BPN 367210) Children learn how germs causes diseases, about health care workers and institutions, procedures that deal with disease, and immunization and disease prevention.

Sounds (BPN 367211) Describes the structure and function of the ear, shows health care workers, tests involving the ear, and how to clean and protect the ear.

Sights (BPN 367212) Examines the structure and function of the eye, eye care professionals, wearing glasses, and protecting the eye.

A Healthy Smile (BPN 367213) Discusses the structure and function of teeth, dental care workers, dental health procedures, and the importance of dental care.

Staying Healthy (BPN 367214) Students learn about childhood development, and the importance of eating well, exercise, and sleep.

Safety First (BPN 367215) A review and celebration of the human body showing ways to guard against intentional and unintentional injury.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: March 31, 1998.

WELL, WELL, WELL

This series is designed to teach children wholesome attitudes and behaviours in health and wellness. "Slim Goodbody" and his friends sing and instruct their way through the cognitive and affective messages. He points out that good health requires more than exercise and nutritious foods. Having a positive mental attitude, accepting one's own feelings, and practicing healthy habits all contribute to a healthy life. This series is authorized for use in Grades 1 to 3.

SUPPLIER: **ACCESS**

Themes I, IV

		Order No.	Est. Cost
Wellness; Go, Grow, Glow; Food Power; Clean Power; Exercise to Energize; Relax; Feeling Good; Senses; You Are Special; Safety Counts; Play It Safe; Emergencies; Healing Helpers; The Wellness Team; Sharing Your World	*Support*	**261300**	**$80.00 (Includes print)**

Wellness (BPN 261301) Wellness means more than the absence of sickness. Five areas of wellness are noted: physical, intellectual, emotional, social, and spiritual.

Go, Grow, Glow (BPN 261302) Food is the body's source of energy for activity and growth. Slim explains why it is important to chew food well, and discusses the digestion process.

Food Power (BPN 261303) Eating a variety of foods helps keep the body healthy. Slim explains why it is important to eat a good breakfast and identifies the Famous Food Group Plan as a way to choose a balanced meal. Some healthy snack foods are named.

Clean Power (BPN 261304) Cleanliness is a good health practice that helps guard against germs. Slim gives reasons for keeping the body clean and well groomed, and explains why it is important.

Exercise to Energize (BPN 261305) Regular exercise helps keep the body strong and healthy. Slim explains that exercising makes him feel good all over, makes his muscles stronger, and helps his heart and lungs. Activity exercises are demonstrated. The difference between good and bad posture is shown.

Relax (BPN 261306) Sleep and relaxation help keep the body fit and able to cope with stress. Slim explains that the way to relieve stress is to relax, to let the body slow down, and to unwind.

Feeling Good (BPN 261307) The powers of the mind to grow, think, dream and make decisions are described. Problem solving techniques are explored. Slim stresses that children should discuss difficulties with someone they trust.

Senses (BPN 261308) The senses are ways your body reports information about the world around you to your brain; including sight, sound, touch, taste, and smell. A blind person describes his world and tells how he depends on the senses of hearing and touch for information.

You Are Special (BPN 261309) Each individual is special because of his or her unique characteristics.

Safety Counts (BPN 261310) Indoor safety rules and habits can help prevent accidents and injuries. Slim discusses home safety, and demonstrates prevention techniques.

Play It Safe (BPN 261311) Outside safety rules can prevent accidents and injuries. Includes: bicycle safety, traffic safety, automobile safety, safety around strangers, water safety, safety around wild and stray animals, and safety while playing.

Emergencies (BPN 261312) During an emergency, it's important to know how to get the right help. Safety professionals discuss what to do in cause of fire, accidents, water emergencies, or situations involving criminals. An ambulance medic talks about the care given to injured people when an ambulance is called.

Healing Helpers (BPN 261313) Slim explains that the body is usually fit and strong, but that sometimes an injury or illness requires first aid or medicine. First aid for a simple scrape is described. Ways medicines help the body are identified, and safe ways to handle medicines are explained. It is noted that medicine is not always the best way to help the body feel better.

The Wellness Team (BPN 261314) Doctors help us keep our bodies healthy. Slim explains that people visit doctors when they are sick and when they need a wellness checkup. What to expect during a wellness checkup is explained. Ways to avoid catching germs or giving them to others are identified.

Sharing Your World (BPN 261315) We all share a responsibility to keep our community healthy. Community service roles including street cleaners, sanitation workers, park rangers, and fire fighters are shown to form a community wellness team. Slim explains that every community member has a responsibility to care for his or her environment.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: August 31, 1996.

YOUR EMOTIONS

Author: B. Moses
Publisher/Distributor: Wayland Publishers Ltd. / Nelson Canada

This four-volume set explores the situations and emotions young children deal with in their everyday lives. Through the use of stories, children learn how to deal with their emotions. Each book contains notes for teachers and parents, and a reading list. This series is authorized for Grades 1 and 2.

SUPPLIER: **LRDC**

Theme I
STUDENT COMPONENTS

Student Books

		Order No.	Est. Cost
I Feel Angry Copyright / ISBN **1993 / 0750206535**	*Support*	**292805**	**$13.30**
I Feel Frightened Copyright / ISBN **1993 / 0750206543**	*Support*	**292813**	**$13.30**
I Feel Jealous Copyright / ISBN **1993 / 0750206527**	*Support*	**292821**	**$13.30**
I Feel Sad Copyright / ISBN **1993 / 0750206519**	*Support*	**292839**	**$13.30**

Arthur's Eyes

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. 310277 **Est. Cost** $58.95

With as many ways of seeing as there are people, it's important to use the eyes and the heart to really see what is happening. LeVar's eyes are playing tricks on him and yours will too, as you try to figure out what is the real way to see things. Bill Cosby narrates the feature story about Arthur, a boy whose initial shyness about wearing glasses gets him into some awkward scrapes. The program deals with another kind of blindness - the kind that sees past the colour of a person's skin to the real person underneath.

Balancing Act, A: An Integrated Curriculum Resource on Nutrition

Theme IV
Grades 1, 2, 3 ***Authorized Teaching***

Author(s): White, B.; et al.
Copyright 1995
Publisher Canadian Cancer Society
Distributor Canadian Cancer Society
Supplier Publisher / Distributor
Est. Cost Free of charge

A Balancing Act is designed to increase student's knowledge about good nutrition and help instill positive attitudes about healthy eating in order that they develop healthy eating habits. It is based on Canada's Food Guide to Healthy Eating (1992) and provides activities which integrate into many different subjects. The lesson plans include Teacher Background information, activities, blackline masters and suggestions for parental involvement.

Best Self-Esteem Activities for the Elementary Grades, The

Theme I
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Akin, T.; et al.
Copyright / ISBN 1990 / 0962548626
Publisher Innerchoice Publishing
Distributor Innerchoice Publishing
Supplier LRDC
Order No. 252908 **Est. Cost** $43.20

This resource is a collection of instructional strategies designed to help students develop an accurate concept of who they are, practice skills for interacting positively and productively with others, and develop skills in goal setting and decision making. Also included are sections outlining recent research and related theory pertaining to the importance, development and enhancement of self-esteem.

Best You Can Be, The: Nutrition Resource Manual: Body Image, Healthy Eating & Healthy Weight: Grades 1-3

Themes I, IV
Grades 1, 2, 3 ***Authorized Teaching***

Copyright 1992
Publisher Red Deer Regional Health Unit
Distributor Red Deer Community Health Centre
Supplier LRDC
Order No. 304246 **Est. Cost** $23.65

The Best You Can Be helps teachers address the issues of body image and health. The manual includes background information for teachers and student activities. Student activities in the Body Image and Healthy Weight section focus on self-acceptance, self-esteem, external factors that influence body image, the healthy weight concept, and eating disorder prevention. Student activities in the Healthy Eating section focus on selecting food for lifelong health.

Care Kit 1 - 3, The: A Sexual Abuse Prevention Program for Children Aged 5-9 [K-3]

Theme IV: Child Abuse Prevention Unit
Grades 1, 2, 3 ***Authorized Teaching***

Publisher CARE Productions
Distributor CARE Productions
Supplier Vendor Direct
Est. Cost Out-of-print

The Care Kit includes message and discussion cards, puppets, a children's book, audiotape, and lesson planning guide. Through discussion and a variety of activities, children learn about personal safety and the prevention of child sexual abuse. Emphasis is placed on developing a sense of ownership and responsibility for one's own body and feelings. Children are taught how to protect themselves by learning about potentially dangerous situations, practising assertive behaviour and identifying adults who could help them.

Note: Preview is essential. Some cards present specific terminology for private parts of the body and therefore may not be consistent with the approach used in some schools.

Children in Crisis: Support for Teachers and Parents

Themes I, II, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Newman, F.
Copyright / ISBN 1993 / 0590730886
Publisher Scholastic-TAB Publications
Distributor Scholastic-TAB Publications
Supplier LRDC
Order No. 301391 **Est. Cost** $14.45

This resource describes some of the major social problems faced by children and suggests ways teachers can help children cope with difficulties. Subjects covered are: separation and divorce, poverty, substance abuse, serious illness, death, racism, suicide, sexual and physical abuse, anger, listening, and self-esteem.

Dentalsaurus: Dental Health Teaching Package: Grade 1

Theme IV
Grade 1 ***Authorized Teaching***

Copyright 1992
Publisher Red Deer Regional Health Unit
Distributor Red Deer Community Health Centre
Supplier LRDC
Order No. Pending **Est. Cost** Pending

This package provides teacher information and a variety of student activities. Discussion guidelines and activity sheets are included. The teacher package provides lessons and activities on four topics: why teeth are important, changes in the teeth (primary and permanent), oral hygiene, and healthy snack foods.

Feelings

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Even though we can't touch or smell feelings, everybody has them. Happiness, loneliness, embarrassment, jealousy and excitement are just some of the feelings people experience, and that's what this video is all about. The sights and sounds of New York City's Central Park provide the backdrop for LeVar's probe into the world of feelings and how they affect us and those around us. Whether it be the up-and-down sensation of a carousel, or the tranquility of a rowboat, the variety of feelings we experience every day is endless. The highlighted book, *Koko's Kitten*, grants viewers the unusual privelege of meeting Koko, the gorilla, and her kitten, whose relationship typifies the idea that feelings do not only occur between humans, but between other animals as well.

Fire and Safety

Theme IV
Grades 1, 2, 3 ***Authorized Teaching***

Author(s): Lobe, G. (ed.)
Copyright / ISBN 1995 / 1895850525
Publisher Saskatoon Tribal Council
Distributor Duval House Publishing
Supplier LRDC
Order No. 305822 **Est. Cost** $49.95

This teaching resource has been specially designed for use in First Nations' Schools to emphasis the importance of fire safety and to give children a better understanding of fire and its cultural importance. The resource includes stories, activities, task cards, story starters and suggestions for working community members. **Note:** This resource is designed for use in schools serving aboriginal students.

First Aid: The Vital Link

Theme IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright / ISBN 1994 / 0801679524
Publisher Mosby Lifeline
Distributor Canadian Red Cross Society
Supplier LRDC
Order No. 284604 **Est. Cost** $18.90

This resource replaces the *First Aid Manual (18th Ed.)* of the Canadian Red Cross Society. It is a useful reference for teachers to use for instructional activities and in emergency situations. Topics include: emergency action principles, breathing and cardiovascular emergencies, head and spine, musculoskeletal and soft tissue injuries, sudden medical conditions, and poisons. Step-by-step procedures with illustrations are included.

Fox on the Job

Series: *Reading Rainbow*
Themes II, III
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

There are many jobs in the world and you have to try to find the one that's right for you. The perfect job is hard to come by and Lazy Fox has an amusing time looking for one. Inspired by this delightful tale, LeVar goes to work on some household chores. Viewers will meet a young entrepreneur who turns bright colours into big business and they'll also encounter a unique twist on walking the family dog.

Gregory the Terrible Eater

Series: *Reading Rainbow*
Themes IV
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

A look at the specially prepared diets of the animals at the zoo shows the importance of a nutritionally balanced diet for people, too. Is there anything goats won't eat? LeVar journeys to the San Diego Zoo to find out. A young goat named Gregory has an abnormal penchant for "revolting" foods like eggs, vegetables, fruit and milk. His distraught parents must teach himt to enjoy such delicacies as cans, cardboard and wide, striped ties. LeVar samples haute cuisine à la goat when he happens upon Nanny and Billy's cafe, a small intimate eatery run by and for the four-legged. Back at the San Diego Zoo kitchen, we find out about diets of a variety of animals.

Health for Life 1: A Teacher's Planning Guide to Health Education in the Primary School

Series: *Health for Life*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Williams, T.; et al.
Copyright / ISBN 1989 / 0174231113
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282666 **Est. Cost** $71.45

Health for Life 1 provides a lifestyles approach to health education. It covers health education topics in a holistic way which emphasizes development of student awareness of their own and other lifestyles. Areas such as: growing, growing up, keeping safe, family relationships, healthy eating, healthy environments, and the world of drugs are included. *Health for Life 1* is designed to help teachers plan their health program and integrate it into the curriculum.

Health for Life 2: Health Education in the Primary School: A Teacher's Guide to Three Key Topics: The World of Drugs; Keeping Myself Safe; Me and My Relationships

Series: *Health for Life*

Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Williams, T.; et al.
Copyright / ISBN 1989 / 017423113X
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282658 **Est. Cost** $98.55

Health for Life 2 provides a lifestyles approach to health education. It covers health education topics in a holistic way which emphasizes development of student awareness of their own and other lifestyles. *Health for Life 2* includes the same topics as *Health for Life 1*, but gives more detail on: The World of Drugs, Keeping Myself Safe, and Me and My Relationships. *Health for Life 2* provides a wide range of classroom strategies and activities on these topics and is designed to be used with *Health for Life 1*.

Hole in the Fence, The (Student Book) (Revised Ed.)

Themes I, II, IV
Grades 1, 2, 3, 4 ***Support***

Author(s): Szabo, C.
Copyright / ISBN 1991 / 0888947461
Publisher Douglas & McIntyre Ltd.
Distributor Douglas & McIntyre Ltd.
Supplier LRDC
Order No. 300301 **Est. Cost** $18.90

The Hole in the Fence is an imaginative storybook for children age five to nine about a group of vegetable characters. When used with the accompanying teacher's guide, the book becomes a program to teach life skills and to help prevent drug and substance abuse. Some themes explored by the stories include: rational and irrational fears, teasing, lying and cheating, jealousy, unfair punishment, prejudice and discrimination, physical differences, cultural differences, peer pressure, dealing with problems, and drugs.

Hole in the Fence, The: A Guide for Teachers and Parents (Revised Ed.)

Themes I, II, IV
Grades 1, 2, 3, 4 ***Authorized Teaching***

Author(s): Szabo, C.
Copyright / ISBN 1991 / 0888947496
Publisher Douglas & McIntyre Ltd.
Distributor Douglas & McIntyre Ltd.
Supplier LRDC
Order No. 300319 **Est. Cost** $17.75

The teacher guide for the storybook *The Hole in the Fence* contains lesson plans, reproducible masters, and suggestions for implementing a program to teach life skills and help prevent drug and substance abuse. The lesson plans for each story contain questions or issues for the teacher to raise after the story is read.

Learn Not to Burn Curriculum: A Fire Prevention and Safety Education Program for School Children: Level 1 (K-2) (3rd Ed.)

Theme IV
Grades 1, 2 ***Authorized Teaching***

Copyright 1991
Publisher National Fire Protection Association
Distributor Fire Commissioner's Office, Alberta Labour
Supplier Vendor Direct
Est. Cost Distributed free of charge to schools.

The *Learn Not to Burn Curriculum* is designed to teach children fire prevention. The curriculum includes 22 fire prevention lessons with three local options to be developed by the community. Suggestions for subject area integration and evaluative techniques are provided. The Resource Books provide classroom activities, evaluative family activities, and knowledge tests.

Little Nino's Pizzeria

Series: *Reading Rainbow*

Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Working as a team, especially a family team, helps people accomplish some wonderful things. Tony loves helping his dad make pizze at their restaurant, until his dad decides to open up a fancy new restaurant instead. In the new place Tony seems to always be in the way, but after a while his father misses making his own pizza and goes right back to his old ways. Inspired by the story, LeVar decides to make a pizza on his own, but what he doesn't know is that his ordinary pizza has to feed an entire basketball team.

McGruff's Guide to Personal Safety

Series: *McGruff the Crime Dog*
Theme IV
Grades 1, 2, 3 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312041 **Est. Cost** $60.45

McGruff the Crime Dog helps children understand that they have the right to protect their own personal space. He illustrates the difference between the actions of people whose closeness is and is not good.

My Body Belongs to Me

Theme IV: Child Abuse Prevention Unit
Grades 1, 2, 3 ***Support***

Copyright 1992
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 312570 **Est. Cost** $46.05

The video and student booklet are designed to help protect children from sexual abuse by making it clear that their body belongs to them. A guidance counsellor, two puppets and dialogue with a student audience reinforces the message that every child's body is private and that no-one is allowed to touch it.

Now I Can Tell You My Secret

Theme IV: Child Abuse Prevention Unit
Grades 1, 2, 3 ***Support***

Copyright 1984
Publisher Walt Disney Productions
Distributor Walt Disney Productions
Supplier ACCESS Television
Order No. BPN 280001 **Est. Cost** $17.00

In a gentle, reassuring style, students are given the message that they have the right to protect themselves against sexual advances by any adult. *Now I Can Tell You My Secret* is the story of a young boy who is keeping a secret from everyone — the secret that he was molested by a neighbour. By helping children distinguish between 'good touch' and 'bad touch', the film teaches children to say 'no' to situations that are uncomfortable to them. Children are urged to get to a safe place, then to tell an adult who will help them.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: July 7, 1997.

Pedestrian Safety; Playground Safety

Series: *Safety for Children*
Theme IV
Grades 1, 2 ***Support***

Copyright 1994
Publisher Visual Education Centre
Distributor Visual Education Centre
Supplier ACCESS Television
Order No. BPN 375200 **Est. Cost** $17.25

These videos present safety information to children about school and public playgrounds and pedestrian safety. Safety rules about team games, playground equipment, traffic signals, railway crossings and strangers are explained. The videos stress having respect for others, as well as knowing one's own limits and talents when playing.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: August 31, 1998.

Skills For Growing Program for Grades K-5: Field Test Version

Themes I, II, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright 1988
Publisher Quest International
Distributor Lion's Club
Supplier Vendor Direct (By Inservice Only)
Est. Cost See Note below.

Skills for Growing focuses on helping children learn effective thinking and social skills that lead to positive behaviour. Key program goals include:

- Involving parents, school staff, and the community in supporting the healthy development and success of children.
- Providing opportunities for children to practice good citizenship through service to others.
- Encouraging a healthy, drug-free approach to life.
- Providing support for teachers and administrators through effective materials, high-quality training, and follow-up services.
- Celebrating diversity and encouraging respect for others.

The program focuses on five major themes. These are the same from one year to the next, with different lessons and activities appropriate for each grade. The kit includes K-1 Manual, 2-3 Manual, 4-5 Manual and School Community Manual.

Note: This kit cannot be purchased through the LRDC. It is available only to administrators and teachers who have been inserviced by Lions Quest Canada. Workshops cost $1220.00 for a principal and two teachers. Additional teachers can attend the workshop and receive materials for $470.00.

Springboards: Ideas for Health Education

Series: *Springboards*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Llewellyn, J.
Copyright / ISBN 1987 / 0170068099
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282640 **Est. Cost** $33.35

This teacher resource contains ideas and individual lessons for a health education program at the elementary level. Topics include: accidents and safety, self-concept, emotions and relationships, food and nutrition, understanding and caring for the body, growth and development, sexuality and family life, environment, hygiene and disease, drugs, health care services, and leisure. The subject matter is developed at three levels: lower (age 5-7), middle (age 8-10), and upper (age 11-13). Scope and sequence charts are found in each section and topics are developed sequentially.

Through Moon and Stars and Night Skies

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Families are created in many different ways. This is a tender story about a family formed through adoption. People everywhere talk about the ups and downs of life as fathers, mothers, sisters, brothers and more. It's a show that everyone can "relate" to.

What Tadoo

Theme IV: Child Abuse Prevention Unit
Grades 1, 2, 3 ***Support***

Copyright 1985
Publisher Marlin Motion Pictures
Distributor Magic Lantern
Supplier ACCESS Television
Order No. BPN 307701 **Est. Cost** $17.00

The purpose of this video is to teach children how to deal with threatening and potentially dangerous situations, including bullying, strangers and sexual abuse. Thaddeus, a young boy who is being bullied by an older child at school, visits the Land of Lessons in a dream sequence. Puppet characters attempt to help the boy solve his problem by teaching him personal safety rules. He is then able to tell his mother about his problem.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: December 31, 1998.

INSIDE OUT

Authors: J. Campbell and J. Logelin
Publisher/Distributor: Globe/Modern Curriculum Press / Prentice Hall Canada

Inside Out is a comprehensive health program designed for elementary students. This language and literature-based integrated program focuses on promoting healthy behaviour. The series promotes personal responsibility, self-respect and respect for others, respect for the global environment, and the development and utilization of decision-making skills. Topics include: self worth, personality, feelings, responsibility, friends, families, school, grown-ups, work, body growth and development, nutrition, fitness, body care, disease, drugs, safety, first aid, and environment. Suggestions for integrating literature, art and physical education are provided. Center activities are included with every lesson.

SUPPLIER: **LRDC**

Order No. Est. Cost

Themes I, II, III, IV

STUDENT COMPONENTS

At Level Two, the *Inside Out* books focus on learning activities that students can experience in a classroom. Artwork illustrates children in the process of learning health-promoting behaviours. Students are encouraged to apply knowledge and assume responsibility for personal learning.

Big Books

Body Talk (Big Book) *Basic* **282905 $53.10**
Copyright / ISBN **1992 / 0889963304**
Body Talk focuses on speaking and verbal response skills, chanting, acting, and role playing. It involves discussion of human growth and change, body care, exercise and activity, nutrition, dental care, rest, keeping clean, illness, and safety.

Sights and Sounds and Safety (Big Book) *Basic* **282913 $53.10**
Copyright / ISBN **1992 / 0889963282**
Sights and Sounds and Safety focuses on reading, viewing and listening skills. This big book emphasizes the senses of sight and hearing, and how they help us to be safe. It also deals with taking responsibility for our own safety.

Special Book, The (Big Book) *Basic* **282921 $53.10**
Copyright / ISBN **1992 / 0889963320**
The Special Book focuses on artwork skills, drawing, and creating. It involves discussion of individual traits, interests, abilities, appearance, similarities and differences. It also presents students as family members, friends, students, part of the school and the world.

Taking Care of Your World (Big Book) *Basic* **282939 $56.20**
Copyright / ISBN **1992 / 0889963347**
Taking Care of Your World focuses on planning, taking action, and making choices. It promotes the idea that each person is important and has something to contribute, and that each person can contribute to the well-being of the world.

TEACHING COMPONENTS

Teacher Resource Book

Lesson guides in the Teacher's Resource Book match the Big Book pages, and include extension and concept development activities.

Inside Out: Teachers' Resource Book, Level Two *Authorized Teaching* **283010 $38.00**
Copyright / ISBN **1992 / 0889963312**

Order No. Est. Cost

Activity Masters

The Learning Activities package contains master copies for 67 activities that complement the Centre Activity found in each Lesson Guide of the Teacher's Resource Book. The masters are suitable for class, small group or individual student work. It also includes Learning Centre instructions that can be copied and laminated for use in Centres. The activities are designed for a range of capabilities.

Inside Out: Learning Activities Package, Level Two	***Authorized Teaching***	**283028**	**$67.70**

Copyright / ISBN **1992 / 0889963649**

CONCEPT HEALTH: HOW THE BODY WORKS

Publisher/Distributor: Globe/Modern Curriculum Press / Prentice Hall Canada

How the Body Works is a collection of ten titles. They focus on the parts of the body, and how those parts work, and how to protect them. These book titles are self-explanatory. This series is authorized for use in Grades 1 to 3.

SUPPLIER: **LRDC**

Theme IV

STUDENT COMPONENTS

Text Sets

How the Body Works (Small Books, Big Books) *Support*

Copyright / ISBN 1992 /

		Order No.	Est. Cost
0813693608	(Your Brain and Your Senses - Pkg of 5)	282864	$26.55
0813693560	(Your Eyes - Pkg of 5)	282872	$26.55
0813693616	(Your Ears - Pkg of 5)	282880	$26.55
0813693624	(Your Skin - Pkg of 5)	282830	$26.55
0813693578	(Your Bones and Muscles - Pkg of 5)	282848	$26.55
0813693632	(Digestion and Energy - Pkg of 5)	282856	$26.55
0813693586	(Your Heart - Pkg of 5)	282799	$26.55
0813693640	(Your Lungs - Pkg of 5)	282806	$26.55
0813693594	(Your Teeth - Pkg of 5)	282814	$26.55
0813693659	(Growing and Changing - Pkg of 5)	283226	$26.55
0813628814	(Your Teeth - Big Book)	282773	$31.85
0813628806	(Your Heart - Big Book)	282781	$31.85
0813628792	(Your Bones and Muscles - Big Book)	282822	$31.85
0813628784	(Your Eyes - Big Book)	283200	$31.85

TEACHING COMPONENTS

Teacher's Guide

The teacher's guide supplies key concepts and teaching suggestions. A lesson is provided for each book and includes prereading activities, hands-on projects, writing, cooperative learning, and suggestions for integration with other curriculum areas.

How the Body Works: Teacher's Guide *Authorized Teaching* 283052 $8.05

Copyright / ISBN 1992 / 081362875X

CONCEPT HEALTH: STAYING HEALTHY AND FIT

Publisher/Distributor: Globe/Modern Curriculum Press / Prentice Hall Canada

Staying Healthy and Fit is a collection of five titles, focussing on the things children can do to be healthy and safe. These book titles are self-explanatory. This series is authorized for use in Grades 1 to 3.

SUPPLIER: **LRDC**

		Order No.	Est. Cost
Theme IV			
STUDENT COMPONENTS			
Text Sets			
Staying Healthy and Fit (Small Books, Big Books)	***Support***		
Copyright / ISBN **1992 / 0813693667 (Eating Healthy Foods - Pkg of 5)**		**283119**	**$26.55**
0813693675 (Exercise and Rest - Pkg of 5)		**283127**	**$26.55**
0813693683 (Drugs, Alcohol, and Smoking - Pkg of 5)		**283135**	**$26.55**
0813693691 (Safety at Home - Pkg of 5)		**283078**	**$26.55**
0813693705 (Safety Outside the Home - Pkg of 5)		**283086**	**$26.55**
0813628822 (Eating Healthy Foods - Big Book)		**283268**	**$31.85**
TEACHING COMPONENTS			
Teacher's Guide			
The teacher's guide supplies key concepts and teaching suggestions. A lesson is provided for each book and includes prereading activities, hands-on projects, writing, cooperative learning, and suggestions for integration with other curriculum areas.			
Staying Healthy and Fit: Teacher's Guide	***Authorized Teaching***	**283060**	**$8.05**
Copyright / ISBN **1992 / 0813628768**			

CONCEPT HEALTH: YOUR HEALTH AND YOUR WORLD

Publisher/Distributor: Globe/Modern Curriculum Press / Prentice Hall Canada

Your Health and Your World is a collection of five titles, presenting a global perspective of how people and things can affect the health of children. The topics are designed to raise the consciousness of children regarding air and water pollution, physically challenged people, and the importance of getting along with others. These book titles are self-explanatory. This series is authorized for use in Grades 1 to 3.

SUPPLIER: **LRDC**

Order No. Est. Cost

Theme IV

STUDENT COMPONENTS

Text Sets

Your Health and Your World (Small Books, Big Books) *Support*

Copyright / ISBN 1992 /

0813693527	(Air, Water and Your Health - Pkg of 5)	283218	$26.55
0813693551	(Feeling Good about Yourself - Pkg of 5)	283143	$26.55
0813693519	(People Who Help You Stay Healthy - Pkg of 5)	283193	$26.55
0813693543	(Physically Challenged People - Pkg of 5)	283242	$26.55
0813693535	(When People Get Sick - Pkg of 5)	283234	$26.55
0813628830	(People Who Help You Stay Healthy - Big Book)	283250	$31.85

TEACHING COMPONENTS

Teacher's Guide

The teacher's guide supplies key concepts and teaching suggestions. A lesson is provided for each book and includes prereading activities, hands-on projects, writing, cooperative learning, and suggestions for integration with other curriculum areas.

Your Health and Your World: Teacher's Guide *Authorized Teaching* 283044 $8.05

Copyright / ISBN 1992 / 0813628776

HEAD TO TOE

Head to Toe is a primary health series consisting of fifteen, 15-minute video programs and a teacher's guide. The series was developed to help children in the elementary grades understand the workings of the human body and to acquire the knowledge, attitudes and practices necessary to achieve and maintain good health. It stresses the prevention of risky health behaviours, introduces the human body's structure and functions, and includes model practices that will keep the body healthy and safe. This series is authorized for use in Grades 1 to 4.

SUPPLIER: **ACCESS**

Theme IV

		Order No.	Est. Cost
In the Beginning; Cells: Your Starting Place; In a Heartbeat; Muscles: Holding You Together; Standing Tall; Fueling Up; From Fuel to Waste; Fresh Air; Control Center; Fighting Germs and Diseases; Sounds; Sights; A Healthy Smile; Staying Healthy; Safety First	***Support***	**367200**	**$80.75 (Includes print)**

Copyright / ISBN **1994 / 0784207232 (Teacher's Guide)**

In the Beginning (BPN 367201) Students learn how a human baby develops and how to keep younger children safe.

Cells: Your Starting Place (BPN 367202) Students learn about parts and functions of the cell, genetic traits, and the importance of good health habits.

In a Heartbeat (BPN 367203) Discusses how the circulatory system works, protecting the heart by avoiding tobacco and the importance of exercise.

Muscles: Holding You Together (BPN 367204) Explains how muscles work, what they do in the body, and how to keep them healthy with proper eating and exercise.

Standing Tall (BPN 367205) Explains how bones are made, what they do in the body, how to keep bones healthy by eating well and how to prevent injury.

Fueling Up (BPN 367206) Teaches students how the body uses food and how to eat well for good nutrition.

From Fuel to Waste (BPN 367207) Describes how the organs of the excretory system work (digestive, urinary and skin) and explains ways to keep these organs healthy.

Fresh Air (BPN 367208) Explains how the body breathes, discusses asthma and other respiratory problems and how to protect the respiratory system by avoiding pollutants.

Control Centre (BPN 367209) Teaches how the nervous system works, how to protect the brain by avoiding drugs, and the importance of sleep.

Fighting Germs and Diseases (BPN 367210) Children learn how germs causes diseases, about health care workers and institutions, procedures that deal with disease, and immunization and disease prevention.

Sounds (BPN 367211) Describes the structure and function of the ear, shows health care workers, tests involving the ear, and how to clean and protect the ear.

Sights (BPN 367212) Examines the structure and function of the eye, eye care professionals, wearing glasses, and protecting the eye.

A Healthy Smile (BPN 367213) Discusses the structure and function of teeth, dental care workers, dental health procedures, and the importance of dental care.

Staying Healthy (BPN 367214) Students learn about childhood development, and the importance of eating well, exercise, and sleep.

Safety First (BPN 367215) A review and celebration of the human body showing ways to guard against intentional and unintentional injury.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: March 31, 1998.

PLAYING FAIR

This video series encourages 7-12-year-olds to develop positive relations in a multicultural society by providing an understanding of issues relating to racism and prejudice. This series is authorized for use in Grades 2 to 6.

SUPPLIER: **ACCESS**

		Order No.	Est. Cost
Themes I, II			
Walker; Carol's Mirror; Mela's Lunch; Hey, Kelly Copyright **1992**	***Support***	**347200**	**$50.00**

Walker (BPN 374201) This 13-minute video challenges racist attitudes toward Aboriginal people and shows how children from different backgrounds can form friendships. In the story, Walker is an Aboriginal foster child whose only playmate is his dog. Walker would like to make friends with Jamie, but Jamie is afraid of him and his dog.

Carol's Mirror (BPN 374202) This 14-minute video challenges the use of Eurocentric materials and shows how prejudice, racism and cultural expectations place limits on what people can do with their lives. In the story, Carol is interested in playing the lead in her school play. The only problem is that the school puts on Snow White every year, and Carol is not white.

Mela's Lunch (BPN 374203) This 14-minute video shows that differences in skin colour and country of origin need not be an obstacle to friendship or self-esteem. In the story, Mela, a recent immigrant from India, is trying to make friends and get used to her new surroundings. Her classmates make her feel unwelcome and out of place.

Hey, Kelly (BPN 374204) This 15-minute video focuses on the harmful and hurtful effects of racism and name calling. In the video, while playing a schoolyard game, Robert calls Kelly a name and a fight ensues. During detention, they find out they're not so different after all.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: September 15, 1997.

WELL, WELL, WELL

This series is designed to teach children wholesome attitudes and behaviours in health and wellness. "Slim Goodbody" and his friends sing and instruct their way through the cognitive and affective messages. He points out that good health requires more than exercise and nutritious foods. Having a positive mental attitude, accepting one's own feelings, and practicing healthy habits all contribute to a healthy life. This series is authorized for use in Grades 1 to 3.

SUPPLIER: **ACCESS**

Themes I, IV

		Order No.	Est. Cost
Wellness; Go, Grow, Glow; Food Power; Clean Power; Exercise to Energize; Relax; Feeling Good; Senses; You Are Special; Safety Counts; Play It Safe; Emergencies; Healing Helpers; The Wellness Team; Sharing Your World	*Support*	**261300**	**$80.00 (Includes print)**

Wellness (BPN 261301) Wellness means more than the absence of sickness. Five areas of wellness are noted: physical, intellectual, emotional, social, and spiritual.

Go, Grow, Glow (BPN 261302) Food is the body's source of energy for activity and growth. Slim explains why it is important to chew food well, and discusses the digestion process.

Food Power (BPN 261303) Eating a variety of foods helps keep the body healthy. Slim explains why it is important to eat a good breakfast and identifies the Famous Food Group Plan as a way to choose a balanced meal. Some healthy snack foods are named.

Clean Power (BPN 261304) Cleanliness is a good health practice that helps guard against germs. Slim gives reasons for keeping the body clean and well groomed, and explains why it is important.

Exercise to Energize (BPN 261305) Regular exercise helps keep the body strong and healthy. Slim explains that exercising makes him feel good all over, makes his muscles stronger, and helps his heart and lungs. Activity exercises are demonstrated. The difference between good and bad posture is shown.

Relax (BPN 261306) Sleep and relaxation help keep the body fit and able to cope with stress. Slim explains that the way to relieve stress is to relax, to let the body slow down, and to unwind.

Feeling Good (BPN 261307) The powers of the mind to grow, think, dream and make decisions are described. Problem solving techniques are explored. Slim stresses that children should discuss difficulties with someone they trust.

Senses (BPN 261308) The senses are ways your body reports information about the world around you to your brain; including sight, sound, touch, taste, and smell. A blind person describes his world and tells how he depends on the senses of hearing and touch for information.

You Are Special (BPN 261309) Each individual is special because of his or her unique characteristics.

Safety Counts (BPN 261310) Indoor safety rules and habits can help prevent accidents and injuries. Slim discusses home safety, and demonstrates prevention techniques.

Play It Safe (BPN 261311) Outside safety rules can prevent accidents and injuries. Includes: bicycle safety, traffic safety, automobile safety, safety around strangers, water safety, safety around wild and stray animals, and safety while playing.

Emergencies (BPN 261312) During an emergency, it's important to know how to get the right help. Safety professionals discuss what to do in cause of fire, accidents, water emergencies, or situations involving criminals. An ambulance medic talks about the care given to injured people when an ambulance is called.

Healing Helpers (BPN 261313) Slim explains that the body is usually fit and strong, but that sometimes an injury or illness requires first aid or medicine. First aid for a simple scrape is described. Ways medicines help the body are identified, and safe ways to handle medicines are explained. It is noted that medicine is not always the best way to help the body feel better.

The Wellness Team (BPN 261314) Doctors help us keep our bodies healthy. Slim explains that people visit doctors when they are sick and when they need a wellness checkup. What to expect during a wellness checkup is explained. Ways to avoid catching germs or giving them to others are identified.

Sharing Your World (BPN 261315) We all share a responsibility to keep our community healthy. Community service roles including street cleaners, sanitation workers, park rangers, and fire fighters are shown to form a community wellness team. Slim explains that every community member has a responsibility to care for his or her environment.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: August 31, 1996.

YOUR EMOTIONS

Author: B. Moses
Publisher/Distributor: Wayland Publishers Ltd. / Nelson Canada

This four-volume set explores the situations and emotions young children deal with in their everyday lives. Through the use of stories, children learn how to deal with their emotions. Each book contains notes for teachers and parents, and a reading list. This series is authorized for Grades 1 and 2.

SUPPLIER: **LRDC**

Theme I
STUDENT COMPONENTS

Student Books

		Order No.	Est. Cost
I Feel Angry Copyright / ISBN 1993 / 0750206535	*Support*	292805	$13.30
I Feel Frightened Copyright / ISBN 1993 / 0750206543	*Support*	292813	$13.30
I Feel Jealous Copyright / ISBN 1993 / 0750206527	*Support*	292821	$13.30
I Feel Sad Copyright / ISBN 1993 / 0750206519	*Support*	292839	$13.30

Arthur's Eyes

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. 310277 **Est. Cost** $58.95

With as many ways of seeing as there are people, it's important to use the eyes and the heart to really see what is happening. LeVar's eyes are playing tricks on him and yours will too, as you try to figure out what is the real way to see things. Bill Cosby narrates the feature story about Arthur, a boy whose initial shyness about wearing glasses gets him into some awkward scrapes. The program deals with another kind of blindness - the kind that sees past the colour of a person's skin to the real person underneath.

Balancing Act, A: An Integrated Curriculum Resource on Nutrition

Theme IV
Grades 1, 2, 3 ***Authorized Teaching***

Author(s): White, B.; et al.
Copyright 1995
Publisher Canadian Cancer Society
Distributor Canadian Cancer Society
Supplier Publisher / Distributor
Est. Cost Free of charge

A Balancing Act is designed to increase student's knowledge about good nutrition and help instill positive attitudes about healthy eating in order that they develop healthy eating habits. It is based on Canada's Food Guide to Healthy Eating (1992) and provides activities which integrate into many different subjects. The lesson plans include Teacher Background information, activities, blackline masters and suggestions for parental involvement.

Best Self-Esteem Activities for the Elementary Grades, The

Theme I
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Akin, T.; et al.
Copyright / ISBN 1990 / 0962548626
Publisher Innerchoice Publishing
Distributor Innerchoice Publishing
Supplier LRDC
Order No. 252908 **Est. Cost** $43.20

This resource is a collection of instructional strategies designed to help students develop an accurate concept of who they are, practice skills for interacting positively and productively with others, and develop skills in goal setting and decision making. Also included are sections outlining recent research and related theory pertaining to the importance, development and enhancement of self-esteem.

Best You Can Be, The: Nutrition Resource Manual: Body Image, Healthy Eating & Healthy Weight: Grades 1-3

Themes I, IV
Grades 1, 2, 3 ***Authorized Teaching***

Copyright 1992
Publisher Red Deer Regional Health Unit
Distributor Red Deer Community Health Centre
Supplier LRDC
Order No. 304246 **Est. Cost** $23.65

The Best You Can Be helps teachers address the issues of body image and health. The manual includes background information for teachers and student activities. Student activities in the Body Image and Healthy Weight section focus on self-acceptance, self-esteem, external factors that influence body image, the healthy weight concept, and eating disorder prevention. Student activities in the Healthy Eating section focus on selecting food for lifelong health.

Care Kit 1 - 3, The: A Sexual Abuse Prevention Program for Children Aged 5-9 [K-3]

Theme IV: Child Abuse Prevention Unit
Grades 1, 2, 3 ***Authorized Teaching***

Publisher CARE Productions
Distributor CARE Productions
Supplier Vendor Direct
Est. Cost Out-of-print

The Care Kit includes message and discussion cards, puppets, a children's book, audiotape, and lesson planning guide. Through discussion and a variety of activities, children learn about personal safety and the prevention of child sexual abuse. Emphasis is placed on developing a sense of ownership and responsibility for one's own body and feelings. Children are taught how to protect themselves by learning about potentially dangerous situations, practising assertive behaviour and identifying adults who could help them.

Note: Preview is essential. Some cards present specific terminology for private parts of the body and therefore may not be consistent with the approach used in some schools.

Celly and Friends

Theme IV
Grade 2 ***Authorized Teaching***

Copyright 1983
Publisher M&M Film Productions
Distributor Canadian Cancer Society
Supplier ACCESS Television
Order No. BPN 258102 **Est. Cost** $17.00

An animated chartacter portrays positive activities in developing a healthy mind and body. Celly is seen to exercise often, eat a well-balanced diet, and observe important safety rules.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: Rights in perpetuity.

Children in Crisis: Support for Teachers and Parents

Themes I, II, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Newman, F.
Copyright / ISBN 1993 / 0590730886
Publisher Scholastic-TAB Publications
Distributor Scholastic-TAB Publications
Supplier LRDC
Order No. 301391 **Est. Cost** $14.45

This resource describes some of the major social problems faced by children and suggests ways teachers can help children cope with difficulties. Subjects covered are: separation and divorce, poverty, substance abuse, serious illness, death, racism, suicide, sexual and physical abuse, anger, listening, and self-esteem.

Dentalsaurus: Dental Health Teaching Package: Grade 2

Theme IV
Grade 2 ***Authorized Teaching***

Copyright 1992
Publisher Red Deer Regional Health Unit
Distributor Red Deer Community Health Centre
Supplier LRDC
Order No. Pending **Est. Cost** Pending

This package provides teacher information and a variety of student activities. Discussion guidelines and activity sheets are included. The teaching package provides lessons and activities on five topics: losing teeth, structures and functions of teeth, plaque, oral hygiene, and dentally acceptable foods.

Feelings

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Even though we can't touch or smell feelings, everybody has them. Happiness, loneliness, embarrassment, jealousy and excitement are just some of the feelings people experience, and that's what this video is all about. The sights and sounds of New York City's Central Park provide the backdrop for LeVar's probe into the world of feelings and how they affect us and those around us. Whether it be the up-and-down sensation of a carousel, or the tranquility of a rowboat, the variety of feelings we experience every day is endless. The highlighted book, *Koko's Kitten*, grants viewers the unusual privelege of meeting Koko, the gorilla, and her kitten, whose relationship typifies the idea that feelings do not only occur between humans, but between other animals as well.

Fire and Safety

Theme IV
Grades 1, 2, 3 ***Authorized Teaching***

Author(s): Lobe, G. (ed.)
Copyright / ISBN 1995 / 1895850525
Publisher Saskatoon Tribal Council
Distributor Duval House Publishing
Supplier LRDC
Order No. 305822 **Est. Cost** $49.95

This teaching resource has been specially designed for use in First Nations' Schools to emphasis the importance of fire safety and to give children a better understanding of fire and its cultural importance. The resource includes stories, activities, task cards, story starters and suggestions for working community members. **Note:** This resource is designed for use in schools serving aboriginal students.

First Aid: The Vital Link

Theme IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright / ISBN 1994 / 0801679524
Publisher Mosby Lifeline
Distributor Canadian Red Cross Society
Supplier LRDC
Order No. 284604 **Est. Cost** $18.90

This resource replaces the *First Aid Manual (18th Ed.)* of the Canadian Red Cross Society. It is a useful reference for teachers to use for instructional activities and in emergency situations. Topics include: emergency action principles, breathing and cardiovascular emergencies, head and spine, musculoskeletal and soft tissue injuries, sudden medical conditions, and poisons. Step-by-step procedures with illustrations are included.

Fox on the Job

Series: *Reading Rainbow*
Themes II, III
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

There are many jobs in the world and you have to try to find the one that's right for you. The perfect job is hard to come by and Lazy Fox has an amusing time looking for one. Inspired by this delightful tale, LeVar goes to work on some household chores. Viewers will meet a young entrepreneur who turns bright colours into big business and they'll also encounter a unique twist on walking the family dog.

Gregory the Terrible Eater

Series: *Reading Rainbow*
Themes IV
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

A look at the specially prepared diets of the animals at the zoo shows the importance of a nutritionally balanced diet for people, too. Is there anything goats won't eat? LeVar journeys to the San Diego Zoo to find out. A young goat named Gregory has an abnormal penchant for "revolting" foods like eggs, vegetables, fruit and milk. His distraught parents must teach himt to enjoy such delicacies as cans, cardboard and wide, striped ties. LeVar samples haute cuisine à la goat when he happens upon Nanny and Billy's cafe, a small intimate eatery run by and for the four-legged. Back at the San Diego Zoo kitchen, we find out about diets of a variety of animals.

Health for Life 1: A Teacher's Planning Guide to Health Education in the Primary School

Series: *Health for Life*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Williams, T.; et al.
Copyright / ISBN 1989 / 0174231113
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282666 **Est. Cost** $71.45

Health for Life 1 provides a lifestyles approach to health education. It covers health education topics in a holistic way which emphasizes development of student awareness of their own and other lifestyles. Areas such as: growing, growing up, keeping safe, family relationships, healthy eating, healthy environments, and the world of drugs are included. *Health for Life 1* is designed to help teachers plan their health program and integrate it into the curriculum.

Health for Life 2: Health Education in the Primary School: A Teacher's Guide to Three Key Topics: The World of Drugs; Keeping Myself Safe; Me and My Relationships

Series: *Health for Life*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Williams, T.; et al.
Copyright / ISBN 1989 / 017423113X
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282658 **Est. Cost** $98.55

Health for Life 2 provides a lifestyles approach to health education. It covers health education topics in a holistic way which emphasizes development of student awareness of their own and other lifestyles. *Health for Life 2* includes the same topics as *Health for Life 1*, but gives more detail on: The World of Drugs, Keeping Myself Safe, and Me and My Relationships. *Health for Life 2* provides a wide range of classroom strategies and activities on these topics and is designed to be used with *Health for Life 1*.

Hole in the Fence, The (Student Book) (Revised Ed.)

Themes I, II, IV
Grades 1, 2, 3, 4 ***Support***

Author(s): Szabo, C.
Copyright / ISBN 1991 / 0888947461
Publisher Douglas & McIntyre Ltd.
Distributor Douglas & McIntyre Ltd.
Supplier LRDC
Order No. 300301 **Est. Cost** $18.90

The Hole in the Fence is an imaginative storybook for children age five to nine about a group of vegetable characters. When used with the accompanying teacher's guide, the book becomes a program to teach life skills and to help prevent drug and substance abuse. Some themes explored by the stories include: rational and irrational fears, teasing, lying and cheating, jealousy, unfair punishment, prejudice and discrimination, physical differences, cultural differences, peer pressure, dealing with problems, and drugs.

Hole in the Fence, The: A Guide for Teachers and Parents (Revised Ed.)

Themes I, II, IV
Grades 1, 2, 3, 4 ***Authorized Teaching***

Author(s): Szabo, C.
Copyright / ISBN 1991 / 0888947496
Publisher Douglas & McIntyre Ltd.
Distributor Douglas & McIntyre Ltd.
Supplier LRDC
Order No. 300319 **Est. Cost** $17.75

The teacher guide for the storybook *The Hole in the Fence* contains lesson plans, reproducible masters, and suggestions for implementing a program to teach life skills and help prevent drug and substance abuse. The lesson plans for each story contain questions or issues for the teacher to raise after the story is read.

Learn Not to Burn Curriculum: A Fire Prevention and Safety Education Program for School Children: Level 1 (K-2) (3rd Ed.)

Theme IV
Grades 1, 2 ***Authorized Teaching***

Copyright 1991
Publisher National Fire Protection Association
Distributor Fire Commissioner's Office, Alberta Labour
Supplier Vendor Direct
Est. Cost Distributed free of charge to schools.

The *Learn Not to Burn Curriculum* is designed to teach children fire prevention. The curriculum includes 22 fire prevention lessons with three local options to be developed by the community. Suggestions for subject area integration and evaluative techniques are provided. The Resource Books provide classroom activities, evaluative family activities, and knowledge tests.

Little Nino's Pizzeria

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Working as a team, especially a family team, helps people accomplish some wonderful things. Tony loves helping his dad make pizze at their restaurant, until his dad decides to open up a fancy new restaurant instead. In the new place Tony seems to always be in the way, but after a while his father misses making his own pizza and goes right back to his old ways. Inspired by the story, LeVar decides to make a pizza on his own, but what he doesn't know is that his ordinary pizza has to feed an entire basketball team.

McGruff's Guide to Personal Safety

Series: *McGruff the Crime Dog*
Theme IV
Grades 1, 2, 3 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312041 **Est. Cost** $60.45

McGruff the Crime Dog helps children understand that they have the right to protect their own personal space. He illustrates the difference between the actions of people whose closeness is and is not good.

My Body Belongs to Me

Theme IV: Child Abuse Prevention Unit
Grades 1, 2, 3 ***Support***

Copyright 1992
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 312570 **Est. Cost** $46.05

The video and student booklet are designed to help protect children from sexual abuse by making it clear that their body belongs to them. A guidance counsellor, two puppets and dialogue with a student audience reinforces the message that every child's body is private and that no-one is allowed to touch it.

Now I Can Tell You My Secret

Theme IV: Child Abuse Prevention Unit
Grades 1, 2, 3 ***Support***

Copyright 1984
Publisher Walt Disney Productions
Distributor Walt Disney Productions
Supplier ACCESS Television
Order No. BPN 280001 **Est. Cost** $17.00

In a gentle, reassuring style, students are given the message that they have the right to protect themselves against sexual advances by any adult. *Now I Can Tell You My Secret* is the story of a young boy who is keeping a secret from everyone — the secret that he was molested by a neighbour. By helping children distinguish between 'good touch' and 'bad touch', the film teaches children to say 'no' to situations that are uncomfortable to them. Children are urged to get to a safe place, then to tell an adult who will help them.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: July 7, 1997.

Pedestrian Safety; Playground Safety

Series: *Safety for Children*
Theme IV
Grades 1, 2 ***Support***

Copyright 1994
Publisher Visual Education Centre
Distributor Visual Education Centre
Supplier ACCESS Television
Order No. BPN 375200 **Est. Cost** $17.25

These videos present safety information to children about school and public playgrounds and pedestrian safety. Safety rules about team games, playground equipment, traffic signals, railway crossings and strangers are explained. The videos stress having respect for others, as well as knowing one's own limits and talents when playing.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: August 31, 1998.

Skills For Growing Program for Grades K-5: Field Test Version

Themes I, II, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright 1988
Publisher Quest International
Distributor Lion's Club
Supplier Vendor Direct (By Inservice Only)
Est. Cost See Note below.

Skills for Growing focuses on helping children learn effective thinking and social skills that lead to positive behaviour. Key program goals include:

- Involving parents, school staff, and the community in supporting the healthy development and success of children.
- Providing opportunities for children to practice good citizenship through service to others.
- Encouraging a healthy, drug-free approach to life.
- Providing support for teachers and administrators through effective materials, high-quality training, and follow-up services.
- Celebrating diversity and encouraging respect for others.

The program focuses on five major themes. These are the same from one year to the next, with different lessons and activities appropriate for each grade. The kit includes K-1 Manual, 2-3 Manual, 4-5 Manual and School Community Manual.

Note: This kit cannot be purchased through the LRDC. It is available only to administrators and teachers who have been inserviced by Lions Quest Canada. Workshops cost $1220.00 for a principal and two teachers. Additional teachers can attend the workshop and receive materials for $470.00.

Springboards: Ideas for Health Education

Series: *Springboards*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Llewellyn, J.
Copyright / ISBN 1987 / 0170068099
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282640 **Est. Cost** $33.35

This teacher resource contains ideas and individual lessons for a health education program at the elementary level. Topics include: accidents and safety, self-concept, emotions and relationships, food and nutrition, understanding and caring for the body, growth and development, sexuality and family life, environment, hygiene and disease, drugs, health care services, and leisure. The subject matter is developed at three levels: lower (age 5-7), middle (age 8-10), and upper (age 11-13). Scope and sequence charts are found in each section and topics are developed sequentially.

Through Moon and Stars and Night Skies

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Families are created in many different ways. This is a tender story about a family formed through adoption. People everywhere talk about the ups and downs of life as fathers, mothers, sisters, brothers and more. It's a show that everyone can "relate" to.

What Tadoo

Theme IV: Child Abuse Prevention Unit
Grades 1, 2, 3 ***Support***

Copyright 1985
Publisher Marlin Motion Pictures
Distributor Magic Lantern
Supplier ACCESS Television
Order No. BPN 307701 **Est. Cost** $17.00

The purpose of this video is to teach children how to deal with threatening and potentially dangerous situations, including bullying, strangers and sexual abuse. Thaddeus, a young boy who is being bullied by an older child at school, visits the Land of Lessons in a dream sequence. Puppet characters attempt to help the boy solve his problem by teaching him personal safety rules. He is then able to tell his mother about his problem.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: December 31, 1998.

Who Are You?; My Choice; The Real Me; I Do Care; My Family, My Self; I Don't Buy It

Series: *Just for Me*
Theme I, II, III, IV
Grades 2, 3, 4, 5, 6 ***Support***

Copyright 1992
Publisher AIT/Best Foundation for Drug-Free Tomorrow
Distributor Agency for Instructional Technology
Supplier ACCESS Television
Order No. BPN 348300 **Est. Cost** $81.00 (Includes Print)

The *Just For Me* series supports tobacco, alcohol and other drug use prevention education for students in the early elementary years. Six video programs feature dramatic presentations that focus on topics such as self-esteem, decision making, refusal skills, family references, peer pressure, responsibility. The intent is to help students develop the knowledge, skills, attitudes and behaviours needed to prevent drug use in themselves and others. The teacher guide includes lesson-by-lesson suggestions for discussion and activities to accompany the videos. Extension activities and worksheets are also included.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: Rights in perpetuity.

INSIDE OUT

Authors: J. Campbell and J. Logelin
Publisher/Distributor: Globe/Modem Curriculum Press / Prentice Hall Canada

Inside Out is a comprehensive health program designed for elementary students. This language and literature-based integrated program focuses on promoting healthy behaviour. The series promotes personal responsibility, self-respect and respect for others, respect for the global environment, and the development and utilization of decision-making skills. Topics include: self worth, personality, feelings, responsibility, friends, families, school, grown-ups, work, body growth and development, nutrition, fitness, body care, disease, drugs, safety, first aid, and environment. Suggestions for integrating literature, art and physical education are provided. Center activities are included with every lesson.

SUPPLIER: **LRDC**

Order No. Est. Cost

Themes I, II, III, IV
STUDENT COMPONENTS

Student Text

In Level Three, health and well-being concepts are explored through the short stories and literature excerpts. Activities encourage students to consider the stories about other children, their situations, actions, and choices. Topics include: self, feelings, families and friends, get fit, good food, body care, getting sick, getting well, dental care, safety, and jobs.

Healthy You, Healthy Me — ***Basic*** — **282898** — **$18.95**
Copyright / ISBN **1992 / 0889963460**

TEACHING COMPONENTS

Teacher Resource Book

Lesson guides provide the teacher with a key vocabulary, chapter summaries, concept development activities, and centre activities.

Inside Out: Teachers' Resource Book, Level Three — ***Authorized Teaching*** — **282989** — **$38.00**
Copyright / ISBN **1992 / 0889963371**

CONCEPT HEALTH: HOW THE BODY WORKS

Publisher/Distributor: Globe/Modern Curriculum Press / Prentice Hall Canada

How the Body Works is a collection of ten titles. They focus on the parts of the body, and how those parts work, and how to protect them. These book titles are self-explanatory. This series is authorized for use in Grades 1 to 3.

SUPPLIER: **LRDC**

Theme IV

STUDENT COMPONENTS

Text Sets

			Order No.	Est. Cost
How the Body Works (Small Books, Big Books)		*Support*		
Copyright / ISBN 1992 /	0813693608	(Your Brain and Your Senses - Pkg of 5)	282864	$26.55
	0813693560	(Your Eyes - Pkg of 5)	282872	$26.55
	0813693616	(Your Ears - Pkg of 5)	282880	$26.55
	0813693624	(Your Skin - Pkg of 5)	282830	$26.55
	0813693578	(Your Bones and Muscles - Pkg of 5)	282848	$26.55
	0813693632	(Digestion and Energy - Pkg of 5)	282856	$26.55
	0813693586	(Your Heart - Pkg of 5)	282799	$26.55
	0813693640	(Your Lungs - Pkg of 5)	282806	$26.55
	0813693594	(Your Teeth - Pkg of 5)	282814	$26.55
	0813693659	(Growing and Changing - Pkg of 5)	283226	$26.55
	0813628814	(Your Teeth - Big Book)	282773	$31.85
	0813628806	(Your Heart - Big Book)	282781	$31.85
	0813628792	(Your Bones and Muscles - Big Book)	282822	$31.85
	0813628784	(Your Eyes - Big Book)	283200	$31.85

TEACHING COMPONENTS

Teacher's Guide

The teacher's guide supplies key concepts and teaching suggestions. A lesson is provided for each book and includes prereading activities, hands-on projects, writing, cooperative learning, and suggestions for integration with other curriculum areas.

How the Body Works: Teacher's Guide	*Authorized Teaching*	283052	$8.05
Copyright / ISBN 1992 / 081362875X			

CONCEPT HEALTH: STAYING HEALTHY AND FIT

Publisher/Distributor: Globe/Modern Curriculum Press / Prentice Hall Canada

Staying Healthy and Fit is a collection of five titles, focussing on the things children can do to be healthy and safe. These book titles are self-explanatory. This series is authorized for use in Grades 1 to 3.

SUPPLIER: **LRDC**

Order No. Est. Cost

Theme IV

STUDENT COMPONENTS

Text Sets

Staying Healthy and Fit (Small Books, Big Books)		*Support*	
Copyright / ISBN 1992 / 0813693667	(Eating Healthy Foods - Pkg of 5)	283119	$26.55
0813693675	(Exercise and Rest - Pkg of 5)	283127	$26.55
0813693683	(Drugs, Alcohol, and Smoking - Pkg of 5)	283135	$26.55
0813693691	(Safety at Home - Pkg of 5)	283078	$26.55
0813693705	(Safety Outside the Home - Pkg of 5)	283086	$26.55
0813628822	(Eating Healthy Foods - Big Book)	283268	$31.85

TEACHING COMPONENTS

Teacher's Guide

The teacher's guide supplies key concepts and teaching suggestions. A lesson is provided for each book and includes prereading activities, hands-on projects, writing, cooperative learning, and suggestions for integration with other curriculum areas.

Staying Healthy and Fit: Teacher's Guide	*Authorized Teaching*	283060	$8.05
Copyright / ISBN 1992 / 0813628768			

CONCEPT HEALTH: YOUR HEALTH AND YOUR WORLD

Publisher/Distributor: Globe/Modern Curriculum Press / Prentice Hall Canada

Your Health and Your World is a collection of five titles, presenting a global perspective of how people and things can affect the health of children. The topics are designed to raise the consciousness of children regarding air and water pollution, physically challenged people, and the importance of getting along with others. These book titles are self-explanatory. This series is authorized for use in Grades 1 to 3.

SUPPLIER: **LRDC**

Theme IV

STUDENT COMPONENTS

Text Sets

Your Health and Your World (Small Books, Big Books) *Support*

			Order No.	Est. Cost
Copyright / ISBN 1992 /	0813693527	(Air, Water and Your Health - Pkg of 5)	283218	$26.55
	0813693551	(Feeling Good about Yourself - Pkg of 5)	283143	$26.55
	0813693519	(People Who Help You Stay Healthy - Pkg of 5)	283193	$26.55
	0813693543	(Physically Challenged People - Pkg of 5)	283242	$26.55
	0813693535	(When People Get Sick - Pkg of 5)	283234	$26.55
	0813628830	(People Who Help You Stay Healthy - Big Book)	283250	$31.85

TEACHING COMPONENTS

Teacher's Guide

The teacher's guide supplies key concepts and teaching suggestions. A lesson is provided for each book and includes prereading activities, hands-on projects, writing, cooperative learning, and suggestions for integration with other curriculum areas.

Your Health and Your World: Teacher's Guide *Authorized Teaching* 283044 $8.05

Copyright / ISBN 1992 / 0813628776

HEAD TO TOE

Head to Toe is a primary health series consisting of fifteen, 15-minute video programs and a teacher's guide. The series was developed to help children in the elementary grades understand the workings of the human body and to acquire the knowledge, attitudes and practices necessary to achieve and maintain good health. It stresses the prevention of risky health behaviours, introduces the human body's structure and functions, and includes model practices that will keep the body healthy and safe. This series is authorized for use in Grades 1 to 4.

SUPPLIER: **ACCESS**

Theme IV

		Order No.	Est. Cost
In the Beginning; Cells: Your Starting Place; In a Heartbeat; Muscles: Holding You Together; Standing Tall; Fueling Up; From Fuel to Waste; Fresh Air; Control Center; Fighting Germs and Diseases; Sounds; Sights; A Healthy Smile; Staying Healthy; Safety First	***Support***	**367200**	**$80.75 (Includes print)**

Copyright / ISBN **1994 / 0784207232 (Teacher's Guide)**

In the Beginning (BPN 367201) Students learn how a human baby develops and how to keep younger children safe.

Cells: Your Starting Place (BPN 367202) Students learn about parts and functions of the cell, genetic traits, and the importance of good health habits.

In a Heartbeat (BPN 367203) Discusses how the circulatory system works, protecting the heart by avoiding tobacco and the importance of exercise.

Muscles: Holding You Together (BPN 367204) Explains how muscles work, what they do in the body, and how to keep them healthy with proper eating and exercise.

Standing Tall (BPN 367205) Explains how bones are made, what they do in the body, how to keep bones healthy by eating well and how to prevent injury.

Fueling Up (BPN 367206) Teaches students how the body uses food and how to eat well for good nutrition.

From Fuel to Waste (BPN 367207) Describes how the organs of the excretory system work (digestive, urinary and skin) and explains ways to keep these organs healthy.

Fresh Air (BPN 367208) Explains how the body breathes, discusses asthma and other respiratory problems and how to protect the respiratory system by avoiding pollutants.

Control Centre (BPN 367209) Teaches how the nervous system works, how to protect the brain by avoiding drugs, and the importance of sleep.

Fighting Germs and Diseases (BPN 367210) Children learn how germs causes diseases, about health care workers and institutions, procedures that deal with disease, and immunization and disease prevention.

Sounds (BPN 367211) Describes the structure and function of the ear, shows health care workers, tests involving the ear, and how to clean and protect the ear.

Sights (BPN 367212) Examines the structure and function of the eye, eye care professionals, wearing glasses, and protecting the eye.

A Healthy Smile (BPN 367213) Discusses the structure and function of teeth, dental care workers, dental health procedures, and the importance of dental care.

Staying Healthy (BPN 367214) Students learn about childhood development, and the importance of eating well, exercise, and sleep.

Safety First (BPN 367215) A review and celebration of the human body showing ways to guard against intentional and unintentional injury.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: March 31, 1998.

PLAYING FAIR

This video series encourages 7-12-year-olds to develop positive relations in a multicultural society by providing an understanding of issues relating to racism and prejudice. This series is authorized for use in Grades 2 to 6.

SUPPLIER: **ACCESS**

Themes I, II

		Order No.	Est. Cost
Walker; Carol's Mirror; Mela's Lunch; Hey, Kelly Copyright **1992**	*Support*	**347200**	**$50.00**

Walker (BPN 374201) This 13-minute video challenges racist attitudes toward Aboriginal people and shows how children from different backgrounds can form friendships. In the story, Walker is an Aboriginal foster child whose only playmate is his dog. Walker would like to make friends with Jamie, but Jamie is afraid of him and his dog.

Carol's Mirror (BPN 374202) This 14-minute video challenges the use of Eurocentric materials and shows how prejudice, racism and cultural expectations place limits on what people can do with their lives. In the story, Carol is interested in playing the lead in her school play. The only problem is that the school puts on Snow White every year, and Carol is not white.

Mela's Lunch (BPN 374203) This 14-minute video shows that differences in skin colour and country of origin need not be an obstacle to friendship or self-esteem. In the story, Mela, a recent immigrant from India, is trying to make friends and get used to her new surroundings. Her classmates make her feel unwelcome and out of place.

Hey, Kelly (BPN 374204) This 15-minute video focuses on the harmful and hurtful effects of racism and name calling. In the video, while playing a schoolyard game, Robert calls Kelly a name and a fight ensues. During detention, they find out they're not so different after all.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: September 15, 1997.

WELL, WELL, WELL

This series is designed to teach children wholesome attitudes and behaviours in health and wellness. "Slim Goodbody" and his friends sing and instruct their way through the cognitive and affective messages. He points out that good health requires more than exercise and nutritious foods. Having a positive mental attitude, accepting one's own feelings, and practicing healthy habits all contribute to a healthy life. This series is authorized for use in Grades 1 to 3.

SUPPLIER: **ACCESS**

Themes I, IV

		Order No.	Est. Cost
Wellness; Go, Grow, Glow; Food Power; Clean Power; Exercise to Energize; Relax; Feeling Good; Senses; You Are Special; Safety Counts; Play It Safe; Emergencies; Healing Helpers; The Wellness Team; Sharing Your World	***Support***	**261300**	**$80.00 (Includes print)**

Wellness (BPN 261301) Wellness means more than the absence of sickness. Five areas of wellness are noted: physical, intellectual, emotional, social, and spiritual.

Go, Grow, Glow (BPN 261302) Food is the body's source of energy for activity and growth. Slim explains why it is important to chew food well, and discusses the digestion process.

Food Power (BPN 261303) Eating a variety of foods helps keep the body healthy. Slim explains why it is important to eat a good breakfast and identifies the Famous Food Group Plan as a way to choose a balanced meal. Some healthy snack foods are named.

Clean Power (BPN 261304) Cleanliness is a good health practice that helps guard against germs. Slim gives reasons for keeping the body clean and well groomed, and explains why it is important.

Exercise to Energize (BPN 261305) Regular exercise helps keep the body strong and healthy. Slim explains that exercising makes him feel good all over, makes his muscles stronger, and helps his heart and lungs. Activity exercises are demonstrated. The difference between good and bad posture is shown.

Relax (BPN 261306) Sleep and relaxation help keep the body fit and able to cope with stress. Slim explains that the way to relieve stress is to relax, to let the body slow down, and to unwind.

Feeling Good (BPN 261307) The powers of the mind to grow, think, dream and make decisions are described. Problem solving techniques are explored. Slim stresses that children should discuss difficulties with someone they trust.

Senses (BPN 261308) The senses are ways your body reports information about the world around you to your brain; including sight, sound, touch, taste, and smell. A blind person describes his world and tells how he depends on the senses of hearing and touch for information.

You Are Special (BPN 261309) Each individual is special because of his or her unique characteristics.

Safety Counts (BPN 261310) Indoor safety rules and habits can help prevent accidents and injuries. Slim discusses home safety, and demonstrates prevention techniques.

Play It Safe (BPN 261311) Outside safety rules can prevent accidents and injuries. Includes: bicycle safety, traffic safety, automobile safety, safety around strangers, water safety, safety around wild and stray animals, and safety while playing.

Emergencies (BPN 261312) During an emergency, it's important to know how to get the right help. Safety professionals discuss what to do in cause of fire, accidents, water emergencies, or situations involving criminals. An ambulance medic talks about the care given to injured people when an ambulance is called.

Healing Helpers (BPN 261313) Slim explains that the body is usually fit and strong, but that sometimes an injury or illness requires first aid or medicine. First aid for a simple scrape is described. Ways medicines help the body are identified, and safe ways to handle medicines are explained. It is noted that medicine is not always the best way to help the body feel better.

The Wellness Team (BPN 261314) Doctors help us keep our bodies healthy. Slim explains that people visit doctors when they are sick and when they need a wellness checkup. What to expect during a wellness checkup is explained. Ways to avoid catching germs or giving them to others are identified.

Sharing Your World (BPN 261315) We all share a responsibility to keep our community healthy. Community service roles including street cleaners, sanitation workers, park rangers, and fire fighters are shown to form a community wellness team. Slim explains that every community member has a responsibility to care for his or her environment.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: August 31, 1996.

Arthur's Eyes

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. 310277 **Est. Cost** $58.95

With as many ways of seeing as there are people, it's important to use the eyes and the heart to really see what is happening. LeVar's eyes are playing tricks on him and yours will too, as you try to figure out what is the real way to see things. Bill Cosby narrates the feature story about Arthur, a boy whose initial shyness about wearing glasses gets him into some awkward scrapes. The program deals with another kind of blindness - the kind that sees past the colour of a person's skin to the real person underneath.

Balancing Act, A: An Integrated Curriculum Resource on Nutrition

Theme IV
Grades 1, 2, 3 ***Authorized Teaching***

Author(s): White, B.; et al.
Copyright 1995
Publisher Canadian Cancer Society
Distributor Canadian Cancer Society
Supplier Publisher / Distributor
Est. Cost Free of charge

A Balancing Act is designed to increase student's knowledge about good nutrition and help instill positive attitudes about healthy eating in order that they develop healthy eating habits. It is based on Canada's Food Guide to Healthy Eating (1992) and provides activities which integrate into many different subjects. The lesson plans include Teacher Background information, activities, blackline masters and suggestions for parental involvement.

Best Self-Esteem Activities for the Elementary Grades, The

Theme I
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Akin, T.; et al.
Copyright / ISBN 1990 / 0962548626
Publisher Innerchoice Publishing
Distributor Innerchoice Publishing
Supplier LRDC
Order No. 252908 **Est. Cost** $43.20

This resource is a collection of instructional strategies designed to help students develop an accurate concept of who they are, practice skills for interacting positively and productively with others, and develop skills in goal setting and decision making. Also included are sections outlining recent research and related theory pertaining to the importance, development and enhancement of self-esteem.

Best You Can Be, The: Nutrition Resource Manual: Body Image, Healthy Eating & Healthy Weight: Grades 1-3

Themes I, IV
Grades 1, 2, 3 ***Authorized Teaching***

Copyright 1992
Publisher Red Deer Regional Health Unit
Distributor Red Deer Community Health Centre
Supplier LRDC
Order No. 304246 **Est. Cost** $23.65

The Best You Can Be helps teachers address the issues of body image and health. The manual includes background information for teachers and student activities. Student activities in the Body Image and Healthy Weight section focus on self-acceptance, self-esteem, external factors that influence body image, the healthy weight concept, and eating disorder prevention. Student activities in the Healthy Eating section focus on selecting food for lifelong health.

Care Kit 1 - 3, The: A Sexual Abuse Prevention Program for Children Aged 5-9 [K-3]

Theme IV: Child Abuse Prevention Unit
Grades 1, 2, 3 ***Authorized Teaching***

Publisher CARE Productions
Distributor CARE Productions
Supplier Vendor Direct
Est. Cost Out-of-print

The Care Kit includes message and discussion cards, puppets, a children's book, audiotape, and lesson planning guide. Through discussion and a variety of activities, children learn about personal safety and the prevention of child sexual abuse. Emphasis is placed on developing a sense of ownership and responsibility for one's own body and feelings. Children are taught how to protect themselves by learning about potentially dangerous situations, practising assertive behaviour and identifying adults who could help them.

Note: Preview is essential. Some cards present specific terminology for private parts of the body and therefore may not be consistent with the approach used in some schools.

Children in Crisis: Support for Teachers and Parents

Themes I, II, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Newman, F.
Copyright / ISBN 1993 / 0590730886
Publisher Scholastic-TAB Publications
Distributor Scholastic-TAB Publications
Supplier LRDC
Order No. 301391 **Est. Cost** $14.45

This resource describes some of the major social problems faced by children and suggests ways teachers can help children cope with difficulties. Subjects covered are: separation and divorce, poverty, substance abuse, serious illness, death, racism, suicide, sexual and physical abuse, anger, listening, and self-esteem.

Dentalsaurus: Dental Health Teaching Package: Grade 3

Theme IV
Grade 3 ***Authorized Teaching***

Copyright 1992
Publisher Red Deer Regional Health Unit
Distributor Red Deer Community Health Centre
Supplier LRDC
Order No. Pending **Est. Cost** Pending

This package provides teacher information and a variety of student activities. Discussion guidelines and activity sheets are included. The teaching package provides lessons and activities in three topics: daily dental care, the role of dental health professionals, and dentally acceptable foods.

Feelings

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Even though we can't touch or smell feelings, everybody has them. Happiness, loneliness, embarrassment, jealousy and excitement are just some of the feelings people experience, and that's what this video is all about. The sights and sounds of New York City's Central Park provide the backdrop for LeVar's probe into the world of feelings and how they affect us and those around us. Whether it be the up-and-down sensation of a carousel, or the tranquility of a rowboat, the variety of feelings we experience every day is endless. The highlighted book, *Koko's Kitten*, grants viewers the unusual privelege of meeting Koko, the gorilla, and her kitten, whose relationship typifies the idea that feelings do not only occur between humans, but between other animals as well.

Fire and Safety

Theme IV
Grades 1, 2, 3 ***Authorized Teaching***

Author(s): Lobe, G. (ed.)
Copyright / ISBN 1995 / 1895850525
Publisher Saskatoon Tribal Council
Distributor Duval House Publishing
Supplier LRDC
Order No. 305822 **Est. Cost** $49.95

This teaching resource has been specially designed for use in First Nations' Schools to emphasis the importance of fire safety and to give children a better understanding of fire and its cultural importance. The resource includes stories, activities, task cards, story starters and suggestions for working community members. **Note:** This resource is designed for use in schools serving aboriginal students.

First Aid: The Vital Link

Theme IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright / ISBN 1994 / 0801679524
Publisher Mosby Lifeline
Distributor Canadian Red Cross Society
Supplier LRDC
Order No. 284604 **Est. Cost** $18.90

This resource replaces the *First Aid Manual (18th Ed.)* of the Canadian Red Cross Society. It is a useful reference for teachers to use for instructional activities and in emergency situations. Topics include: emergency action principles, breathing and cardiovascular emergencies, head and spine, musculoskeletal and soft tissue injuries, sudden medical conditions, and poisons. Step-by-step procedures with illustrations are included.

Fox on the Job

Series: *Reading Rainbow*
Themes II, III
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

There are many jobs in the world and you have to try to find the one that's right for you. The perfect job is hard to come by and Lazy Fox has an amusing time looking for one. Inspired by this delightful tale, LeVar goes to work on some household chores. Viewers will meet a young entrepreneur who turns bright colours into big business and they'll also encounter a unique twist on walking the family dog.

Gregory the Terrible Eater

Series: *Reading Rainbow*
Themes IV
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

A look at the specially prepared diets of the animals at the zoo shows the importance of a nutritionally balanced diet for people, too. Is there anything goats won't eat? LeVar journeys to the San Diego Zoo to find out. A young goat named Gregory has an abnormal penchant for "revolting" foods like eggs, vegetables, fruit and milk. His distraught parents must teach himt to enjoy such delicacies as cans, cardboard and wide, striped ties. LeVar samples haute cuisine à la goat when he happens upon Nanny and Billy's cafe, a small intimate eatery run by and for the four-legged. Back at the San Diego Zoo kitchen, we find out about diets of a variety of animals.

Health for Life 1: A Teacher's Planning Guide to Health Education in the Primary School

Series: *Health for Life*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Williams, T.; et al.
Copyright / ISBN 1989 / 0174231113
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282666 **Est. Cost** $71.45

Health for Life 1 provides a lifestyles approach to health education. It covers health education topics in a holistic way which emphasizes development of student awareness of their own and other lifestyles. Areas such as: growing, growing up, keeping safe, family relationships, healthy eating, healthy environments, and the world of drugs are included. *Health for Life 1* is designed to help teachers plan their health program and integrate it into the curriculum.

Health for Life 2: Health Education in the Primary School: A Teacher's Guide to Three Key Topics: The World of Drugs; Keeping Myself Safe; Me and My Relationships

Series: *Health for Life*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Williams, T.; et al.
Copyright / ISBN 1989 / 017423113X
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282658 **Est. Cost** $98.55

Health for Life 2 provides a lifestyles approach to health education. It covers health education topics in a holistic way which emphasizes development of student awareness of their own and other lifestyles. *Health for Life 2* includes the same topics as *Health for Life 1*, but gives more detail on: The World of Drugs, Keeping Myself Safe, and Me and My Relationships. *Health for Life 2* provides a wide range of classroom strategies and activities on these topics and is designed to be used with *Health for Life 1*.

Hole in the Fence, The (Student Book) (Revised Ed.)

Themes I, II, IV
Grades 1, 2, 3, 4 ***Support***

Author(s): Szabo, C.
Copyright / ISBN 1991 / 0888947461
Publisher Douglas & McIntyre Ltd.
Distributor Douglas & McIntyre Ltd.
Supplier LRDC
Order No. 300301 **Est. Cost** $18.90

The Hole in the Fence is an imaginative storybook for children age five to nine about a group of vegetable characters. When used with the accompanying teacher's guide, the book becomes a program to teach life skills and to help prevent drug and substance abuse. Some themes explored by the stories include: rational and irrational fears, teasing, lying and cheating, jealousy, unfair punishment, prejudice and discrimination, physical differences, cultural differences, peer pressure, dealing with problems, and drugs.

Hole in the Fence, The: A Guide for Teachers and Parents (Revised Ed.)

Themes I, II, IV
Grades 1, 2, 3, 4 ***Authorized Teaching***

Author(s): Szabo, C.
Copyright / ISBN 1991 / 0888947496
Publisher Douglas & McIntyre Ltd.
Distributor Douglas & McIntyre Ltd.
Supplier LRDC
Order No. 300319 **Est. Cost** $17.75

The teacher guide for the storybook *The Hole in the Fence* contains lesson plans, reproducible masters, and suggestions for implementing a program to teach life skills and help prevent drug and substance abuse. The lesson plans for each story contain questions or issues for the teacher to raise after the story is read.

Little Nino's Pizzeria

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Working as a team, especially a family team, helps people accomplish some wonderful things. Tony loves helping his dad make pizze at their restaurant, until his dad decides to open up a fancy new restaurant instead. In the new place Tony seems to always be in the way, but after a while his father misses making his own pizza and goes right back to his old ways. Inspired by the story, LeVar decides to make a pizza on his own, but what he doesn't know is that his ordinary pizza has to feed an entire basketball team.

Making New Friends: Learning About Physical Challenges

Series: *Respecting Self and Others*
Themes I, II
Grades 3, 4 ***Support***

Copyright 1992
Publisher Magic Lantern Communications Ltd.
Distributor Magic Lantern Communications Ltd.
Supplier LRDC
Order No. 306739 **Est. Cost** $116.85

This video shows how some friends see, hear, talk and play differently because their eyes, ears, voice or legs don't work the same as other children's. It illustrates how Cody, Lauren and Jose, three young people, each with a different physical challenge; share, learn and have fun with their hands.

McGruff on Self-Protection: Preventing Child Abuse and Neglect

Series: *McGruff the Crime Dog*
Theme IV: Child Abuse Prevention Unit
Grades 3, 4, 5, 6 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312025 **Est. Cost** $60.45

McGruff explains that any form of child abuse or neglect is against the law, and that help is available to children who need it. Dramatizations feature children who have learned how to handle themselves in abusive and neglectful situations. Three scenarios examine cases of child neglect, physical abuse and sexual abuse. The program attempts to offer strategies for children in abusive or neglectful situations.

McGruff's Guide to Personal Safety

Series: *McGruff the Crime Dog*
Theme IV
Grades 1, 2, 3 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312041 **Est. Cost** $60.45

McGruff the Crime Dog helps children understand that they have the right to protect their own personal space. He illustrates the difference between the actions of people whose closeness is and is not good.

My Body Belongs to Me

Theme IV: Child Abuse Prevention Unit
Grades 1, 2, 3 ***Support***

Copyright 1992
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 312570 **Est. Cost** $46.05

The video and student booklet are designed to help protect children from sexual abuse by making it clear that their body belongs to them. A guidance counsellor, two puppets and dialogue with a student audience reinforces the message that every child's body is private and that no-one is allowed to touch it.

Now I Can Tell You My Secret

Theme IV: Child Abuse Prevention Unit
Grades 1, 2, 3 ***Support***

Copyright 1984
Publisher Walt Disney Productions
Distributor Walt Disney Productions
Supplier ACCESS Television
Order No. BPN 280001 **Est. Cost** $17.00

In a gentle, reassuring style, students are given the message that they have the right to protect themselves against sexual advances by any adult. *Now I Can Tell You My Secret* is the story of a young boy who is keeping a secret from everyone — the secret that he was molested by a neighbour. By helping children distinguish between 'good touch' and 'bad touch', the film teaches children to say 'no' to situations that are uncomfortable to them. Children are urged to get to a safe place, then to tell an adult who will help them.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: July 7, 1997.

Say No and Mean It

Theme II
Grade 3 ***Support***

Copyright 1991
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 304981 **Est. Cost** $97.00

This video promotes the idea that children who give in to negative peer pressure don't always realize they have the right to say no. Using situations students can relate to, songs, and discussion questions, the program teaches four assertiveness techniques.

Skills For Growing Program for Grades K-5: Field Test Version

Themes I, II, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright 1988
Publisher Quest International
Distributor Lion's Club
Supplier Vendor Direct (By Inservice Only)
Est. Cost See Note below.

Skills for Growing focuses on helping children learn effective thinking and social skills that lead to positive behaviour. Key program goals include:

- Involving parents, school staff, and the community in supporting the healthy development and success of children.
- Providing opportunities for children to practice good citizenship through service to others.
- Encouraging a healthy, drug-free approach to life.
- Providing support for teachers and administrators through effective materials, high-quality training, and follow-up services.
- Celebrating diversity and encouraging respect for others.

The program focuses on five major themes. These are the same from one year to the next, with different lessons and activities appropriate for each grade. The kit includes K-1 Manual, 2-3 Manual, 4-5 Manual and School Community Manual.

Note: This kit cannot be purchased through the LRDC. It is available only to administrators and teachers who have been inserviced by Lions Quest Canada. Workshops cost $1220.00 for a principal and two teachers. Additional teachers can attend the workshop and receive materials for $470.00.

Springboards: Ideas for Health Education

Series: *Springboards*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Llewellyn, J.
Copyright / ISBN 1987 / 0170068099
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282640 **Est. Cost** $33.35

This teacher resource contains ideas and individual lessons for a health education program at the elementary level. Topics include: accidents and safety, self-concept, emotions and relationships, food and nutrition, understanding and caring for the body, growth and development, sexuality and family life, environment, hygiene and disease, drugs, health care services, and leisure. The subject matter is developed at three levels: lower (age 5-7), middle (age 8-10), and upper (age 11-13). Scope and sequence charts are found in each section and topics are developed sequentially.

Through Moon and Stars and Night Skies

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Families are created in many different ways. This is a tender story about a family formed through adoption. People everywhere talk about the ups and downs of life as fathers, mothers, sisters, brothers and more. It's a show that everyone can "relate" to.

What Tadoo

Theme IV: Child Abuse Prevention Unit
Grades 1, 2, 3 ***Support***

Copyright 1985
Publisher Marlin Motion Pictures
Distributor Magic Lantern
Supplier ACCESS Television
Order No. BPN 307701 **Est. Cost** $17.00

The purpose of this video is to teach children how to deal with threatening and potentially dangerous situations, including bullying, strangers and sexual abuse. Thaddeus, a young boy who is being bullied by an older child at school, visits the Land of Lessons in a dream sequence. Puppet characters attempt to help the boy solve his problem by teaching him personal safety rules. He is then able to tell his mother about his problem.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: December 31, 1998.

Who Are You?; My Choice; The Real Me; I Do Care; My Family, My Self; I Don't Buy It

Series: *Just for Me*
Theme I, II, III, IV
Grades 2, 3, 4, 5, 6 ***Support***

Copyright 1992
Publisher AIT/Best Foundation for Drug-Free Tomorrow
Distributor Agency for Instructional Technology
Supplier ACCESS Television
Order No. BPN 348300 **Est. Cost** $81.00 (Includes Print)

The *Just For Me* series supports tobacco, alcohol and other drug use prevention education for students in the early elementary years. Six video programs feature dramatic presentations that focus on topics such as self-esteem, decision making, refusal skills, family references, peer pressure, responsibility. The intent is to help students develop the knowledge, skills, attitudes and behaviours needed to prevent drug use in themselves and others. The teacher guide includes lesson-by-lesson suggestions for discussion and activities to accompany the videos. Extension activities and worksheets are also included.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: Rights in perpetuity.

YOUNG CANADA HEALTH

Authors: G. Ellis and D. Brow
Publisher/Distributor: Nelson Canada

The *Young Canada Health* program teaches personal responsibility, informed decision-making skills, and a commitment to promote healthy behaviour. The student book is organized into eight themes representing four expanding dimensions of human health: intellectual, emotional, social, and physical/environmental. The student book also includes a wide range of collaborative and independent student activities, community-oriented research, built-in evaluation, and an ongoing narration.

SUPPLIER: **LRDC**

Order No. Est. Cost

Themes I, II, III, IV
STUDENT COMPONENTS

Student Text

Young Canada Health 1 includes self-development concepts such as getting to know yourself, human relationships and getting along with others, development, function and care of the body with a focus on digestive, dental and urinary systems, fitness and nutrition, medicines and other drugs, safety and first aid with a focus on summer safety, disease prevention, communicable diseases, hygiene and community health services, and environmental health.

Young Canada Health 1 (Student Book) ***Basic*** **282591** **$19.10**
Copyright / ISBN **1990 / 0176037365**

TEACHING COMPONENTS

Teacher's Guide

The teacher's guide provides extension activities and evaluation strategies to supplement the student book activities. Each chapter is supported by reproducible activity sheets and "Practice a Living Skill" activities. These activities cover: assertiveness, behaviour control, conserving/consuming, decision-making, goal-setting, risk taking, self-awareness, self-responsibility, social adaptability, and value awareness.

Young Canada Health 1: Teacher's Guide ***Authorized Teaching*** **282616** **$26.55**
Copyright / ISBN **1990 / 0176037373**

FEELING YES, FEELING NO

This video series is designed to teach children about personal safety, sexual assault prevention and decision-making. Three actors engage in role-playing before a student audience, who participate in questions asked by the actors. Children learn to identify and communicate "yes" and "no" feelings, to cope with encounters with strangers, and to deal with sexual assault situations, including the importance of seeking help. This series is authorized for use in Grades 4, 5 and 6.

Note: Preview is essential. The video (Part 2 and 3) presents specific terminology for private parts of the body and therefore may not be consistent with the approach used in some schools.

SUPPLIER: **ACCESS**

Theme IV: Child Abuse Prevention Unit

		Order No.	Est. Cost
Feeling Yes, Feeling No (Parts 1, 2, 3)	*Support*	**282500**	**$30.50**

Copyright **1986**

Part 1 (BPN 282501) Teaches children basic skills that build self-worth, self-confidence, and good judgement. Together, these provide the necessary foundation for self-protection. Teaching tools include a catchy theme song, positive and negative touching scenes presented by the actors, and lively discussion. Children are encouraged to appreciate, take pride in, and take responsibility for their own bodies, and to recognize and express related feelings.

Part 2 (BPN 282502) Reinforces the understanding of Yes and No feelings and teaches children how to recognize sexual assault by strangers. It emphasizes that not every stranger is dangerous. Memorable skits help children to identify dangerous situations. Children learn three simple questions they can ask themselves, to ensure their own safety, before they choose to say yes or no to a stranger.

Part 3 (BPN 282503) Teaches a more complex level of differentiation. Building on the earlier self-affirmation and discrimination skills, it introduces the subject of sexual assault by family members or trusted persons. It asks "What if you weren't with a stranger? What if you were with someone that you knew..?" The classroom actors role-play children's responses to several common assault situations, and the children offer self-help suggestions. Shows children how to protect their integrity in the face of such an event.

Please note: The cost includes duplicating charges only. Handling and GST are extra.

Expiry date: November 30, 1998.

FEELINGS

Publisher/Distributor: Steck-Vaughn / Pippin Publishing Ltd.

This series provides students with an opportunity to understand their emotions and helps them to deal with fear, anger, hurt, jealousy, loneliness, and sadness. Each book contains several realistic stories where students can identify actual situations and apply the lessons learned in their own lives. Questions for discussion and introspection follow each story. Additional titles in this series are being reviewed. This series is authorized for use in Grades 4 and 5.

SUPPLIER: **LRDC**

		Order No.	Est. Cost
Theme II			
STUDENT COMPONENTS			
Student Text			
Afraid Copyright / ISBN **1991 / 0811469085 (sc)**	***Support***	**292673**	**$8.30**
Angry Copyright / ISBN **1991 / 0811469093 (sc)**	***Support***	**292665**	**$8.30**
Hurt Copyright / ISBN **1991 / 0811469107 (sc)**	***Support***	**292657**	**$8.30**
Jealous Copyright / ISBN **1991 / 0811469115 (sc)**	***Support***	**292649**	**$8.30**
Lonely Copyright / ISBN **1991 / 0811469123 (sc)**	***Support***	**292631**	**$8.30**
Sad Copyright / ISBN **1991 / 0811469131 (sc)**	***Support***	**292623**	**$8.30**
TEACHING COMPONENTS			
Teacher's Guide			

The teacher's guide for this series provides the following information for each book in the series: student objectives; a summary of each story; ideas for using the book in a variety of situations; follow-up questions and activity suggestions; extension activities; and additional reading suggestions.

Feelings: Teacher's Guide Copyright / ISBN **1992 / 0811471136**	***Authorized Teaching***	**292615**	**$7.40**

HEAD TO TOE

Head to Toe is a primary health series consisting of fifteen, 15-minute video programs and a teacher's guide. The series was developed to help children in the elementary grades understand the workings of the human body and to acquire the knowledge, attitudes and practices necessary to achieve and maintain good health. It stresses the prevention of risky health behaviours, introduces the human body's structure and functions, and includes model practices that will keep the body healthy and safe. This series is authorized for use in Grades 1 to 4.

SUPPLIER: **ACCESS**

Theme IV

		Order No.	Est. Cost
In the Beginning; Cells: Your Starting Place; In a Heartbeat; Muscles: Holding You Together; Standing Tall; Fueling Up; From Fuel to Waste; Fresh Air; Control Center; Fighting Germs and Diseases; Sounds; Sights; A Healthy Smile; Staying Healthy; Safety First	***Support***	**367200**	**$80.75 (Includes print)**

Copyright / ISBN **1994 / 0784207232 (Teacher's Guide)**

In the Beginning (BPN 367201) Students learn how a human baby develops and how to keep younger children safe.

Cells: Your Starting Place (BPN 367202) Students learn about parts and functions of the cell, genetic traits, and the importance of good health habits.

In a Heartbeat (BPN 367203) Discusses how the circulatory system works, protecting the heart by avoiding tobacco and the importance of exercise.

Muscles: Holding You Together (BPN 367204) Explains how muscles work, what they do in the body, and how to keep them healthy with proper eating and exercise.

Standing Tall (BPN 367205) Explains how bones are made, what they do in the body, how to keep bones healthy by eating well and how to prevent injury.

Fueling Up (BPN 367206) Teaches students how the body uses food and how to eat well for good nutrition.

From Fuel to Waste (BPN 367207) Describes how the organs of the excretory system work (digestive, urinary and skin) and explains ways to keep these organs healthy.

Fresh Air (BPN 367208) Explains how the body breathes, discusses asthma and other respiratory problems and how to protect the respiratory system by avoiding pollutants.

Control Centre (BPN 367209) Teaches how the nervous system works, how to protect the brain by avoiding drugs, and the importance of sleep.

Fighting Germs and Diseases (BPN 367210) Children learn how germs causes diseases, about health care workers and institutions, procedures that deal with disease, and immunization and disease prevention.

Sounds (BPN 367211) Describes the structure and function of the ear, shows health care workers, tests involving the ear, and how to clean and protect the ear.

Sights (BPN 367212) Examines the structure and function of the eye, eye care professionals, wearing glasses, and protecting the eye.

A Healthy Smile (BPN 367213) Discusses the structure and function of teeth, dental care workers, dental health procedures, and the importance of dental care.

Staying Healthy (BPN 367214) Students learn about childhood development, and the importance of eating well, exercise, and sleep.

Safety First (BPN 367215) A review and celebration of the human body showing ways to guard against intentional and unintentional injury.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: March 31, 1998.

PLAYING FAIR

This video series encourages 7-12-year-olds to develop positive relations in a multicultural society by providing an understanding of issues relating to racism and prejudice. This series is authorized for use in Grades 2 to 6.

SUPPLIER: **ACCESS**

Themes I, II

		Order No.	Est. Cost
Walker; Carol's Mirror; Mela's Lunch; Hey, Kelly Copyright **1992**	*Support*	**347200**	**$50.00**

Walker (BPN 374201) This 13-minute video challenges racist attitudes toward Aboriginal people and shows how children from different backgrounds can form friendships. In the story, Walker is an Aboriginal foster child whose only playmate is his dog. Walker would like to make friends with Jamie, but Jamie is afraid of him and his dog.

Carol's Mirror (BPN 374202) This 14-minute video challenges the use of Eurocentric materials and shows how prejudice, racism and cultural expectations place limits on what people can do with their lives. In the story, Carol is interested in playing the lead in her school play. The only problem is that the school puts on Snow White every year, and Carol is not white.

Mela's Lunch (BPN 374203) This 14-minute video shows that differences in skin colour and country of origin need not be an obstacle to friendship or self-esteem. In the story, Mela, a recent immigrant from India, is trying to make friends and get used to her new surroundings. Her classmates make her feel unwelcome and out of place.

Hey, Kelly (BPN 374204) This 15-minute video focuses on the harmful and hurtful effects of racism and name calling. In the video, while playing a schoolyard game, Robert calls Kelly a name and a fight ensues. During detention, they find out they're not so different after all.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: September 15, 1997.

WHAT SHOULD I DO?

Students look into the mind of a child who is weighing the pros and cons of action taken in response to a moral dilemma. The action is stopped several times to give viewers the chance to compare their own decisions to the decisions being made by the main characters. This series is authorized for use in Grades 4, 5 and 6.

SUPPLIER: **ACCESS**

Theme II

		Order No.	Est. Cost
Baseball Card, The; The Fight; The Lunch Group; The Mural; The Play; The Game	*Support*	363300	$21.50

Copyright **1993**

The Baseball Card (BPN 363301) A young boy discovers that stealing is no innocent act when he takes a friend's most valuable baseball card — and then lies about stealing it. It's only after he implicates one of his best friends in the theft that he begins to understand the consequences of his dishonesty. Fast action and contemporary dialogue keep viewers involved in this true-to-life story that provides valuable lessons on personal values, self-esteem, and friendship.

The Fight (BPN 363302) Demonstrates how easily a simple joke can get out of hand — and turn into a real fight. The issues of 'showing off', 'acting cool', and 'being tough', are addressed as two young boys play a practical joke on a classmate. Young viewers are offered ways to apologize to prevent a fight.
Note: Please preview. Some behaviour and language may cause concern in some communities.

The Lunch Group (BPN 363303) In this story a young girl meets a classmate from another country, and viewers are reminded how it feels to be an outsider.

The Mural (BPN 363304) The issues of accepting others, being fair, and recognizing the consequences of decisions are introduced in this dramatization. When her friends insist that Alan is "uncool", Trish is forced to struggle with her own mixed feelings about him and to explore the meaning of true friendship and the power of intimidation.

The Play (BPN 363305) In this story of a wheelchair-bound young girl, students learn about their attitudes to young people with disabilities, and how people with disabilities think about themselves.

The Game (BPN 363306) Tammy is the last student to be picked as a team member for a tag game. Embarassed about continually being selected last, she decides to try three different strategies to change her classmates' attitudes to her.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: August 31, 1997.

Arthur's Eyes

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. 310277 **Est. Cost** $58.95

With as many ways of seeing as there are people, it's important to use the eyes and the heart to really see what is happening. LeVar's eyes are playing tricks on him and yours will too, as you try to figure out what is the real way to see things. Bill Cosby narrates the feature story about Arthur, a boy whose initial shyness about wearing glasses gets him into some awkward scrapes. The program deals with another kind of blindness - the kind that sees past the colour of a person's skin to the real person underneath.

Best Self-Esteem Activities for the Elementary Grades, The

Theme I
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Akin, T.; et al.
Copyright / ISBN 1990 / 0962548626
Publisher Innerchoice Publishing
Distributor Innerchoice Publishing
Supplier LRDC
Order No. 252908 **Est. Cost** $43.20

This resource is a collection of instructional strategies designed to help students develop an accurate concept of who they are, practice skills for interacting positively and productively with others, and develop skills in goal setting and decision making. Also included are sections outlining recent research and related theory pertaining to the importance, development and enhancement of self-esteem.

Best You Can Be, The: Nutrition Resource Manual: Body Image, Healthy Eating & Healthy Weight: Grades 4-6

Theme IV
Grades 4, 5, 6 ***Authorized Teaching***

Copyright 1992
Publisher Red Deer Regional Health Unit
Distributor Red Deer Community Health Centre
Supplier LRDC
Order No. 304238 **Est. Cost** $23.65

The Best You Can Be helps teachers address the issues of body image and health. The manual includes background information for teachers and student activities. Student activities in the Body Image and Healthy Weight section focus on self-acceptance, self-esteem, external factors that influence body image, the healthy weight concept, and eating disorder prevention. Student activities in the Healthy Eating section focus on selecting food for lifelong health.

Better Safe than Sorry

Theme IV: Child Abuse Prevention Unit
Grades 4, 5, 6 ***Support***

Copyright 1978
Publisher FilmFair Communications
Distributor Vitascope
Supplier ACCESS Television
Order No. BPN 282401 **Est. Cost** $17.00

In this video, Joanna and Ted introduce some potentially dangerous situations to help children learn to make judgements and develop safety strategies. Scenarios, including a stranger at the park, an invitation to ride in an acquaintance's car, and being left alone at home, are dramatised.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: August 31, 1997.

Boy to Man (3rd Ed.)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher Churchill Media
Distributor McIntyre Media Ltd.
Supplier ACCESS Television
Order No. BPN 359301 **Est. Cost** $17.00

The new third edition helps preteen boys understand the emotional and physical changes of puberty.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: July 30, 1998.

Care Kit 4 - 5, The: Feeling Good About Yourself: Personal Safety for Grades 4 & 5 Intermediate Program

Theme IV: Child Abuse Prevention Unit
Grades 4, 5 ***Authorized Teaching***

Copyright 1986
Publisher CARE Productions
Distributor CARE Productions
Supplier Vendor Direct
Est. Cost Out-of-print

This intermediate program reviews the key messages of the primary kit, while providing a more sophisticated approach for dealing with sexual abuse. This approach includes training in: improving self-confidence, role-playing, decision making, problem solving, and effective communciation skills. The program also addresses the needs of students not exposed to the primary kit. Student learning activities that help to teach and reinforce the messages of the program include: creative writing, role-playing, puppetry, poetry, poster contests, preparing questions for guest speakers, and expanding vocabularies.

Changes

Series: *Growing Up*
Theme V: Human Sexuality
Grades 4, 5, 6 ***Authorized Teaching***

Copyright 1990
Publisher National Film Board
Distributor National Film Board
Supplier LRDC
Order No. 251421 **Est. Cost** $24.85

This video explores the physical and emotional changes that occur at puberty. It points out that the rate of change is different for each person and that this is normal. Menstruation, breast development, erections, masturbation and wet dreams are discussed. **Note:** This video is an Authorized Teaching resource because of the sensitive nature of a few of the sections. The video models interaction between adults and children and discusses topics and issues related to human sexuality education at the elementary levels.

Children in Crisis: Support for Teachers and Parents

Themes I, II, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Newman, F.
Copyright / ISBN 1993 / 0590730886
Publisher Scholastic-TAB Publications
Distributor Scholastic-TAB Publications
Supplier LRDC
Order No. 301391 **Est. Cost** $14.45

This resource describes some of the major social problems faced by children and suggests ways teachers can help children cope with difficulties. Subjects covered are: separation and divorce, poverty, substance abuse, serious illness, death, racism, suicide, sexual and physical abuse, anger, listening, and self-esteem.

China Doll

Series: *Come in From the Storm*
Theme IV: Child Abuse Prevention Unit
Grades 4, 5 ***Support***

Copyright 1986-87
Publisher Kinetic Inc.
Distributor Kinetic Inc.
Supplier ACCESS Television
Order No. BPN Pending

China Doll introduces students to the topic of physical and emotional abuse. A mother watches her young daughter role playing a verbally abusive situation with her doll. The video helps children explore feelings and teaches the difference between feelings and acting up and that help is available.

Dentalsaurus: Dental Health Teaching Package: Grade 4

Theme IV
Grade 4 ***Authorized Teaching***

Copyright 1992
Publisher Red Deer Regional Health Unit
Distributor Red Deer Community Health Centre
Supplier LRDC
Order No. Pending **Est. Cost** Pending

This package provides teacher information and a variety of student activities. Discussion guidelines and activity sheets are included. The teaching package provides lessons and activities on three topics: lifetime dental care, specialized dental care, and dentally acceptable and nutritious foods.

Diary, The

Series: *Come in From the Storm*
Theme IV: Child Abuse Prevention Unit
Grades 4, 5 ***Support***

Copyright 1986-87
Publisher Kinetic Inc.
Distributor Kinetic Inc.
Supplier ACCESS Television
Order No. BPN Pending

In *The Diary*, a fantasy segment features the future son of an emotionally and physically abused child. Children learn to understand the difference between feelings for another person and feelings about what that person may do.

Especially You

Series: *Growing Up*
Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1990
Publisher National Film Board
Distributor National Film Board
Supplier ACCESS Television
Order No. BPN 335703 **Est. Cost** $17.00

This video is designed to help students develop skills to build self-esteem and cope with peer pressure by developing their problem-solving and decision-making abilities. It shows children that they all have individual qualities that make them special and that they can respect the differences in others. There is no direct human sexuality content in this video.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: March 15, 2001.

Feelings

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Even though we can't touch or smell feelings, everybody has them. Happiness, loneliness, embarrassment, jealousy and excitement are just some of the feelings people experience, and that's what this video is all about. The sights and sounds of New York City's Central Park provide the backdrop for LeVar's probe into the world of feelings and how they affect us and those around us. Whether it be the up-and-down sensation of a carousel, or the tranquility of a rowboat, the variety of feelings we experience every day is endless. The highlighted book, *Koko's Kitten*, grants viewers the unusual privelege of meeting Koko, the gorilla, and her kitten, whose relationship typifies the idea that feelings do not only occur between humans, but between other animals as well.

Feelings: Inside, Outside, Upside Down

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright / ISBN 1991 / 0780540204
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 257875 **Est. Cost** $146.10

This resource focuses on the range of new feelings and emotions that children feel as they enter puberty. Dramatizations of problems faced by students are intended to help the viewers recognize the emotional changes they will undergo and that these changes are a normal part of growing up. Students are encouraged to view puberty as an exciting and special time.

First Aid: The Vital Link

Theme IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright / ISBN 1994 / 0801679524
Publisher Mosby Lifeline
Distributor Canadian Red Cross Society
Supplier LRDC
Order No. 284604 **Est. Cost** $18.90

This resource replaces the *First Aid Manual (18th Ed.)* of the Canadian Red Cross Society. It is a useful reference for teachers to use for instructional activities and in emergency situations. Topics include: emergency action principles, breathing and cardiovascular emergencies, head and spine, musculoskeletal and soft tissue injuries, sudden medical conditions, and poisons. Step-by-step procedures with illustrations are included.

Fox on the Job

Series: *Reading Rainbow*
Themes II, III
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

There are many jobs in the world and you have to try to find the one that's right for you. The perfect job is hard to come by and Lazy Fox has an amusing time looking for one. Inspired by this delightful tale, LeVar goes to work on some household chores. Viewers will meet a young entrepreneur who turns bright colours into big business and they'll also encounter a unique twist on walking the family dog.

Girl to Woman (3rd Ed.)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher Churchill Media
Distributor McIntyre Media Ltd.
Supplier ACCESS Television
Order No. BPN 359401 **Est. Cost** $17.00

The new third edition helps preteen girls to understand the feelings they have as their bodies prepare them for adulthood.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: July 30, 1998.

Gregory the Terrible Eater

Series: *Reading Rainbow*
Themes IV
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

A look at the specially prepared diets of the animals at the zoo shows the importance of a nutritionally balanced diet for people, too. Is there anything goats won't eat? LeVar journeys to the San Diego Zoo to find out. A young goat named Gregory has an abnormal penchant for "revolting" foods like eggs, vegetables, fruit and milk. His distraught parents must teach himt to enjoy such delicacies as cans, cardboard and wide, striped ties. LeVar samples haute cuisine à la goat when he happens upon Nanny and Billy's cafe, a small intimate eatery run by and for the four-legged. Back at the San Diego Zoo kitchen, we find out about diets of a variety of animals.

Growing Up: Body, Feelings and Behaviour

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1986
Publisher Churchill Films
Distributor McIntyre Media Ltd.
Supplier ACCESS Television
Order No. BPN 361201 **Est. Cost** $17.00

This video helps children understand the anatomical, behavioural and emotional changes that occur in boys and girls during adolescence. Individual differences in the growth rate are highlighted. Students are reassured about common pre-adolescent concerns.

Please note: The cost includes duplicating charges only. Handling and GST are extra.

Expiry date: July 31, 1998.

Health for Life 1: A Teacher's Planning Guide to Health Education in the Primary School

Series: *Health for Life*

Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Williams, T.; et al.
Copyright / ISBN 1989 / 0174231113
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282666 **Est. Cost** $71.45

Health for Life 1 provides a lifestyles approach to health education. It covers health education topics in a holistic way which emphasizes development of student awareness of their own and other lifestyles. Areas such as: growing, growing up, keeping safe, family relationships, healthy eating, healthy environments, and the world of drugs are included. *Health for Life 1* is designed to help teachers plan their health program and integrate it into the curriculum.

Health for Life 2: Health Education in the Primary School: A Teacher's Guide to Three Key Topics: The World of Drugs; Keeping Myself Safe; Me and My Relationships

Series: *Health for Life*

Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Williams, T.; et al.
Copyright / ISBN 1989 / 017423113X
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282658 **Est. Cost** $98.55

Health for Life 2 provides a lifestyles approach to health education. It covers health education topics in a holistic way which emphasizes development of student awareness of their own and other lifestyles. *Health for Life 2* includes the same topics as *Health for Life 1*, but gives more detail on: The World of Drugs, Keeping Myself Safe, and Me and My Relationships. *Health for Life 2* provides a wide range of classroom strategies and activities on these topics and is designed to be used with *Health for Life 1*.

Hole in the Fence, The (Student Book) (Revised Ed.)

Themes I, II, IV
Grades 1, 2, 3, 4 ***Support***

Author(s): Szabo, C.
Copyright / ISBN 1991 / 0888947461
Publisher Douglas & McIntyre Ltd.
Distributor Douglas & McIntyre Ltd.
Supplier LRDC
Order No. 300301 **Est. Cost** $18.90

The Hole in the Fence is an imaginative storybook for children age five to nine about a group of vegetable characters. When used with the accompanying teacher's guide, the book becomes a program to teach life skills and to help prevent drug and substance abuse. Some themes explored by the stories include: rational and irrational fears, teasing, lying and cheating, jealousy, unfair punishment, prejudice and discrimination, physical differences, cultural differences, peer pressure, dealing with problems, and drugs.

Hole in the Fence, The: A Guide for Teachers and Parents (Revised Ed.)

Themes I, II, IV
Grades 1, 2, 3, 4 ***Authorized Teaching***

Author(s): Szabo, C.
Copyright / ISBN 1991 / 0888947496
Publisher Douglas & McIntyre Ltd.
Distributor Douglas & McIntyre Ltd.
Supplier LRDC
Order No. 300319 **Est. Cost** $17.75

The teacher guide for the storybook *The Hole in the Fence* contains lesson plans, reproducible masters, and suggestions for implementing a program to teach life skills and help prevent drug and substance abuse. The lesson plans for each story contain questions or issues for the teacher to raise after the story is read.

Human Body

Series: *Wonder Why*

Theme IV
Grades 4, 5, 6 ***Support***

Copyright 1993
Publisher CTV Television
Distributor Magic Lantern Communications Ltd.
Supplier LRDC
Order No. 310483 **Est. Cost** $105.05

This video presents information about the body's major organs. Host Richard Zurawski helps his young co-hosts discover many things about the world in which they live. Jonathan Large is at the video arcade when disaster strikes. He hiccups! He sneezes! Why is this happening to him? Mark sends Richard and co-host Cheryl to hone up on the human body. They get under our skin and check us out from head to toe.

I Can Do It: Taking Responsibility

Theme I
Grade 4 ***Support***

Copyright 1992
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 305004 **Est. Cost** $97.00

This video focuses on taking responsibility as a positive step toward building self-esteem and a sense of independence. The program presents four open-ended scenarios in which students are challenged to discuss the situation and decide on a responsible course of action.

Little Nino's Pizzeria

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Working as a team, especially a family team, helps people accomplish some wonderful things. Tony loves helping his dad make pizze at their restaurant, until his dad decides to open up a fancy new restaurant instead. In the new place Tony seems to always be in the way, but after a while his father misses making his own pizza and goes right back to his old ways. Inspired by the story, LeVar decides to make a pizza on his own, but what he doesn't know is that his ordinary pizza has to feed an entire basketball team.

Making New Friends: Learning About Physical Challenges

Series: *Respecting Self and Others*
Themes I, II
Grades 3, 4 ***Support***

Copyright 1992
Publisher Magic Lantern Communications Ltd.
Distributor Magic Lantern Communications Ltd.
Supplier LRDC
Order No. 306739 **Est. Cost** $116.85

This video shows how some friends see, hear, talk and play differently because their eyes, ears, voice or legs don't work the same as other children's. It illustrates how Cody, Lauren and Jose, three young people, each with a different physical challenge; share, learn and have fun with their hands.

McGruff Files, The: People Different but Alike

Series: *McGruff the Crime Dog*
Theme II
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312017 **Est. Cost** $60.45

This video is aimed at teaching children how to get along and make friends with people they view as different. It examines some of the things that can happen when people don't make the effort to understand and appreciate each other. They discuss hate crimes and the consequences to both the victims and the perpetrators.

McGruff on Self-Protection: Preventing Child Abuse and Neglect

Series: *McGruff the Crime Dog*
Theme IV: Child Abuse Prevention Unit
Grades 3, 4, 5, 6 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312025 **Est. Cost** $60.45

McGruff explains that any form of child abuse or neglect is against the law, and that help is available to children who need it. Dramatizations feature children who have learned how to handle themselves in abusive and neglectful situations. Three scenarios examine cases of child neglect, physical abuse and sexual abuse. The program attempts to offer strategies for children in abusive or neglectful situations.

McGruff on the Law: Bicycles and Pedestrians

Series: *McGruff the Crime Dog*
Theme IV
Grade 4 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312033 **Est. Cost** $60.45

McGruff explains why bicycle and pedestrian laws protect bicyclists and other people. McGruff illustrates the safety points that children should always remember, whether they are on a bike or on foot. They should obey all traffic signs, ride at the proper speed, check intersections before crossing, and wear helmets.

McGruff's Self-Care Alert

Series: *McGruff the Crime Dog*
Theme IV
Grade 4 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312059 **Est. Cost** $60.45

This video adresses the issue of children who must take care of themselves after school until their parents arrive home from work. McGruff illustrates his message with the experiences of four children who have learned how to protect themselves. McGruff also offers several suggestions that will help kids deal successfully with the problem of loneliness. McGruff emphasizes that they are responsible for themselves and their home when they are under self care.

My Friends and Me

Theme II
Grade 4 ***Support***

Copyright 1992
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 304999 **Est. Cost** $97.00

This video deals with the need to make and keep friends. The program uses four vignettes, songs and advice from peer hosts to present common friendship problems and their solutions. The program helps students develop social skills and deal with the problems of close relationships as well as the rewards.

New Improved Me, The: Understanding Body Changes (without Mention)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright / ISBN 1991 / 0780540506
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 257809 **Est. Cost** $165.70

This two-part video explains the physical changes that boys and girls can expect to undergo during puberty. Puberty is an exciting and important event in their lives and a normal, healthy part of growing up. **Note:** This version does not include mention of masturbation.

Safety's Gone to the Head

Theme IV
Grades 4, 5, 6 ***Support***

Copyright 1993
Publisher Grey Nuns Hospital
Distributor Grey Nuns Community Health Centre
Supplier Vendor Direct
Est. Cost $49.99

This video was developed to assist teachers and parents in educating children about the importance of wearing a safety approved bicycle helmet. It includes accounts of real life experiences with severe head injury while riding a bicycle without a helmet. Teachers should note that some images may be upsetting for some children and should preview the video before using it with students.

Sense and Nonsense (Teacher Resource)

Theme IV
Grades 4, 5, 6 ***Authorized Teaching***

Copyright 1989
Publisher AADAC
Distributor AADAC
Supplier Vendor Direct
Est. Cost Available free of charge

Good decisions are based on good information. As children move toward adolescence, they are faced with situations that require them to make drug-related decisions. *Sense and Nonsense* is designed to help children prepare to make these important decisions. Through a set of guided activities, youth (age 9-12) receive information on drugs such as caffeine, nicotine, and alcohol. They examine drug risks and responsible ways of using drugs. The resource includes: background information for youth leaders and teachers, participant activities, worksheets and overhead transparency masters, and evaluation sheets.

Sexuality: An Education Resource Book (Teacher Resource)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Basic Teaching***

Author(s): Campbell, J.; Golick, J.
Copyright / ISBN 1988 / 0889961468
Publisher Globe/Modern Curriculum Press
Distributor Prentice Hall
Supplier LRDC
Order No. 118853 **Est. Cost** $40.65

This resource is designed to assist teachers in developing and offering a comprehensive sex education program, focusing on several areas of learning: cognitive, affective, and decision-making skills. It includes background information on human sexuality, organization for instruction, comprehensive lesson plans, reproducible masters, and a bibliography and glossary.

Skills For Growing Program for Grades K-5: Field Test Version

Themes I, II, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright 1988
Publisher Quest International
Distributor Lion's Club
Supplier Vendor Direct (By Inservice Only)
Est. Cost See Note below.

Skills for Growing focuses on helping children learn effective thinking and social skills that lead to positive behaviour. Key program goals include:
• Involving parents, school staff, and the community in supporting the healthy development and success of children.
• Providing opportunities for children to practice good citizenship through service to others.
• Encouraging a healthy, drug-free approach to life.
• Providing support for teachers and administrators through effective materials, high-quality training, and follow-up services.
• Celebrating diversity and encouraging respect for others.

The program focuses on five major themes. These are the same from one year to the next, with different lessons and activities appropriate for each grade. The kit includes K-1 Manual, 2-3 Manual, 4-5 Manual and School Community Manual.

Note: This kit cannot be purchased through the LRDC. It is available only to administrators and teachers who have been inserviced by Lions Quest Canada. Workshops cost $1220.00 for a principal and two teachers. Additional teachers can attend the workshop and receive materials for $470.00.

Springboards: Ideas for Health Education

Series: *Springboards*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Llewellyn, J.
Copyright / ISBN 1987 / 0170068099
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282640 **Est. Cost** $33.35

This teacher resource contains ideas and individual lessons for a health education program at the elementary level. Topics include: accidents and safety, self-concept, emotions and relationships, food and nutrition, understanding and caring for the body, growth and development, sexuality and family life, environment, hygiene and disease, drugs, health care services, and leisure. The subject matter is developed at three levels: lower (age 5-7), middle (age 8-10), and upper (age 11-13). Scope and sequence charts are found in each section and topics are developed sequentially.

Then One Year (2nd Ed.)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher Churchill Media
Distributor McIntyre Media Ltd.
Supplier ACCESS Television
Order No. BPN 349301 **Est. Cost** $17.00

This second edition combines material from *Boy to Man* and *Girl to Woman* to provide information for both sexes on the physical and emotional changes that occur during puberty. It helps preteens understand the feelings they have as their bodies prepare them for adulthood.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: January 31, 1998.

Through Moon and Stars and Night Skies

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Families are created in many different ways. This is a tender story about a family formed through adoption. People everywhere talk about the ups and downs of life as fathers, mothers, sisters, brothers and more. It's a show that everyone can "relate" to.

Tight Times

Series: *Reading Rainbow*
Themes II, III
Grades 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Even when times are hard, it's possible to have lots of fun without spending a cent - by working together and using imagination. LeVar Burton visits a pet show and discovers all kinds of unusual pets, including pet rocks. But some children can't have pets, so LeVar introduces the touching story of a little boy who wants a pet at a time when his family is having financial trouble and must hold the line on expenses. LeVar explains that even in "tight times" there are all kinds of ways to have fun without spending a dime, all for the price of a little ingenuity and imagination. A spectacular musical dance number "Check It Out", takes LeVar for a spin around the FREE public library.

What David Found Out

Theme IV
Grades 4, 5, 6 ***Support***

Copyright 1989
Publisher Canadian Cancer Society
Distributor Canadian Cancer Society
Supplier Vendor Direct
Est. Cost Available free of charge

When David learns his mom may have cancer, he sets out on his own mission to find out more about it. He discovers that many cancers are curable and by making good lifestyle choices, some can be prevented. During his research, David learns some surprising facts about his own family and decides to confront them with the evidence he has gathered.

When Sex Is the Subject: Attitudes and Answers for Young Children: Suggestions for Teachers, Parents and Other Care Providers of Children to Age 10

Theme V: Human Sexuality
Grades 4, 5, 6 ***Authorized Teaching***

Author(s): Wilson, P.M.
Copyright / ISBN 1991 / 1560710640
Publisher Network Publications/ETR Associates
Distributor Network Publications/ETR Associates
Supplier LRDC
Order No. 252966 **Est. Cost** $20.75

This handbook explains that the key to effective sex education for young children is NOT just what you say but how you say it. It provides age-appropriate answers to common questions, ground rules for a positive learning environment, and suggestions for parent-teacher partnerships in sex education.

Who Are You?; My Choice; The Real Me; I Do Care; My Family, My Self; I Don't Buy It

Series: *Just for Me*
Theme I, II, III, IV
Grades 2, 3, 4, 5, 6 ***Support***

Copyright 1992
Publisher AIT/Best Foundation for Drug-Free Tomorrow
Distributor Agency for Instructional Technology
Supplier ACCESS Television
Order No. BPN 348300 **Est. Cost** $81.00 (Includes Print)

The *Just For Me* series supports tobacco, alcohol and other drug use prevention education for students in the early elementary years. Six video programs feature dramatic presentations that focus on topics such as self-esteem, decision making, refusal skills, family references, peer pressure, responsibility. The intent is to help students develop the knowledge, skills, attitudes and behaviours needed to prevent drug use in themselves and others. The teacher guide includes lesson-by-lesson suggestions for discussion and activities to accompany the videos. Extension activities and worksheets are also included.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: Rights in perpetuity.

Why Is It Always Me? (2nd ed.)

Theme I, II
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher Kinetic Inc.
Distributor Kinetic Inc.
Supplier ACCESS Television
Order No. BPN 349201 **Est. Cost** $17.00

This video describes the frustrations and anger that early adolescents face when trying to deal with personal problems. It suggests a logical method of problem-solving that can be used in day-to-day situations.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: January 31, 1998.

YOUNG CANADA HEALTH

Authors: J. Michaluk and V.B. Mulligan
Publisher/Distributor: Nelson Canada

The *Young Canada Health* program teaches personal responsibility, informed decision-making skills, and a commitment to promote healthy behaviour. The student book is organized into eight themes representing four expanding dimensions of human health: intellectual, emotional, social, and physical/environmental. The student book also includes a wide range of collaborative and independent student activities, community-oriented research, built-in evaluation, and an ongoing narration.

SUPPLIER: **LRDC**

Order No. Est. Cost

Themes I, II, III, IV
STUDENT COMPONENTS

Student Book

Young Canada Health 2 includes content on self-development concepts such as: identifying talents, interests and feelings, human relationships and getting along with others, development, function and care of the body with a focus on the circulatory, respiratory and dental systems, fitness and nutrition, medicines and other drugs, safety and first aid with a focus on outdoor and sports safety, disease prevention, non-communicable disease and community health services, and environmental health.

Young Canada Health 2 (Student Book) ***Basic*** **282632** **$19.10**
Copyright / ISBN **1990 / 0176037381**

TEACHING COMPONENTS

Teacher's Guide

The teacher's guide provides extension activities and evaluation strategies to supplement the student book activities. Each chapter is supported by reproducible activity sheets and "Practice a Living Skill" activities. These activities cover: assertiveness, behaviour control, conserving/consuming, decision-making, goal-setting, risk taking, self-awareness, self-responsibility, social adaptability, and value awareness.

Young Canada Health 2: Teacher's Guide ***Authorized Teaching*** **282608** **$26.55**
Copyright / ISBN **1990 / 017603739X**

CAREER EXPLORATIONS

Publisher/Distributor: Copp Clark Pitman / Copp Clark Longman

The twelve books in the Career Explorations series help teachers bring career education to the classroom. The activities follow a "research, apply, reflect" process. This series is authorized for use in Grades 5 and 6.

SUPPLIER: **LRDC**

Theme III
STUDENT COMPONENTS

Student Book

		Order No.	Est. Cost
Looking Ahead Copyright / ISBN 1992 / 0773050868	*Support*	292590	$9.85
Making Choices Copyright / ISBN 1992 / 0773050663	*Support*	292491	$9.85
Serving the Public Copyright / ISBN 1992 / 0773050841	*Support*	292582	$9.85
Working in Health Care Copyright / ISBN 1992 / 0773050825	*Support*	292574	$9.85
Working with Machines Copyright / ISBN 1992 / 0773050744	*Support*	292532	$9.85
Working with Math Copyright / ISBN 1992 / 0773050701	*Support*	292516	$9.85
Working with People Copyright / ISBN 1992 / 0773050809	*Support*	292566	$9.85
Working with Plants and Animals Copyright / ISBN 1992 / 0773050787	*Support*	292558	$9.85
Working with Sounds and Images Copyright / ISBN 1992 / 0773050728	*Support*	292524	$9.85
Working with Tools Copyright / ISBN 1992 / 0773050760	*Support*	292540	$9.85
Working with Words Copyright / ISBN 1992 / 077305068X	*Support*	292508	$9.85
World of Work, The Copyright / ISBN 1992 / 0773050647	*Support*	292483	$9.85

TEACHING COMPONENTS

Teacher's Manual

The teacher's manual contains 120 classroom activities (ten for each of the twelve books in the series) which are designed to follow the "research, apply and reflect" process. The activities emphasize an active learning environment and can be integrated into other subject areas.

Career Explorations: Teacher's Manual Copyright / ISBN 1992 / 0773052003	*Authorized Teaching*	292607	$26.55

FEELING YES, FEELING NO

This video series is designed to teach children about personal safety, sexual assault prevention and decision-making. Three actors engage in role-playing before a student audience, who participate in questions asked by the actors. Children learn to identify and communicate "yes" and "no" feelings, to cope with encounters with strangers, and to deal with sexual assault situations, including the importance of seeking help. This series is authorized for use in Grades 4, 5 and 6.

Note: Preview is essential. The video (Part 2 and 3) presents specific terminology for private parts of the body and therefore may not be consistent with the approach used in some schools.

SUPPLIER: **ACCESS**

Theme IV: Child Abuse Prevention Unit

		Order No.	Est. Cost
Feeling Yes, Feeling No (Parts 1, 2, 3)	***Support***	**282500**	**$30.50**

Copyright **1986**

Part 1 (BPN 282501) Teaches children basic skills that build self-worth, self-confidence, and good judgement. Together, these provide the necessary foundation for self-protection. Teaching tools include a catchy theme song, positive and negative touching scenes presented by the actors, and lively discussion. Children are encouraged to appreciate, take pride in, and take responsibility for their own bodies, and to recognize and express related feelings.

Part 2 (BPN 282502) Reinforces the understanding of Yes and No feelings and teaches children how to recognize sexual assault by strangers. It emphasizes that not every stranger is dangerous. Memorable skits help children to identify dangerous situations. Children learn three simple questions they can ask themselves, to ensure their own safety, before they choose to say yes or no to a stranger.

Part 3 (BPN 282503) Teaches a more complex level of differentiation. Building on the earlier self-affirmation and discrimination skills, it introduces the subject of sexual assault by family members or trusted persons. It asks "What if you weren't with a stranger? What if you were with someone that you knew..?" The classroom actors role-play children's responses to several common assault situations, and the children offer self-help suggestions. Shows children how to protect their integrity in the face of such an event.

Please note: The cost includes duplicating charges only. Handling and GST are extra.

Expiry date: November 30, 1998.

FEELINGS

Publisher/Distributor: Steck-Vaughn / Pippin Publishing Ltd.

This series provides students with an opportunity to understand their emotions and helps them to deal with fear, anger, hurt, jealousy, loneliness, and sadness. Each book contains several realistic stories where students can identify actual situations and apply the lessons learned in their own lives. Questions for discussion and introspection follow each story. Additional titles in this series are being reviewed. This series is authorized for use in Grades 4 and 5.

SUPPLIER: **LRDC**

		Order No.	Est. Cost
Theme II			
STUDENT COMPONENTS			
Student Text			
Afraid Copyright / ISBN **1991 / 0811469085 (sc)**	*Support*	**292673**	**$8.30**
Angry Copyright / ISBN **1991 / 0811469093 (sc)**	*Support*	**292665**	**$8.30**
Hurt Copyright / ISBN **1991 / 0811469107 (sc)**	*Support*	**292657**	**$8.30**
Jealous Copyright / ISBN **1991 / 0811469115 (sc)**	*Support*	**292649**	**$8.30**
Lonely Copyright / ISBN **1991 / 0811469123 (sc)**	*Support*	**292631**	**$8.30**
Sad Copyright / ISBN **1991 / 0811469131 (sc)**	*Support*	**292623**	**$8.30**
TEACHING COMPONENTS			
Teacher's Guide			

The teacher's guide for this series provides the following information for each book in the series: student objectives; a summary of each story; ideas for using the book in a variety of situations; follow-up questions and activity suggestions; extension activities; and additional reading suggestions.

Feelings: Teacher's Guide Copyright / ISBN **1992 / 0811471136**	*Authorized Teaching*	**292615**	**$7.40**

PLAYING FAIR

This video series encourages 7-12-year-olds to develop positive relations in a multicultural society by providing an understanding of issues relating to racism and prejudice. This series is authorized for use in Grades 2 to 6.

SUPPLIER: **ACCESS**

		Order No.	Est. Cost
Themes I, II			
Walker; Carol's Mirror; Mela's Lunch; Hey, Kelly Copyright **1992**	***Support***	**347200**	**$50.00**

Walker (BPN 374201) This 13-minute video challenges racist attitudes toward Aboriginal people and shows how children from different backgrounds can form friendships. In the story, Walker is an Aboriginal foster child whose only playmate is his dog. Walker would like to make friends with Jamie, but Jamie is afraid of him and his dog.

Carol's Mirror (BPN 374202) This 14-minute video challenges the use of Eurocentric materials and shows how prejudice, racism and cultural expectations place limits on what people can do with their lives. In the story, Carol is interested in playing the lead in her school play. The only problem is that the school puts on Snow White every year, and Carol is not white.

Mela's Lunch (BPN 374203) This 14-minute video shows that differences in skin colour and country of origin need not be an obstacle to friendship or self-esteem. In the story, Mela, a recent immigrant from India, is trying to make friends and get used to her new surroundings. Her classmates make her feel unwelcome and out of place.

Hey, Kelly (BPN 374204) This 15-minute video focuses on the harmful and hurtful effects of racism and name calling. In the video, while playing a schoolyard game, Robert calls Kelly a name and a fight ensues. During detention, they find out they're not so different after all.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: September 15, 1997.

WHAT SHOULD I DO?

Students look into the mind of a child who is weighing the pros and cons of action taken in response to a moral dilemma. The action is stopped several times to give viewers the chance to compare their own decisions to the decisions being made by the main characters. This series is authorized for use in Grades 4, 5 and 6.

SUPPLIER: **ACCESS**

Theme II

		Order No.	Est. Cost
Baseball Card, The; The Fight; The Lunch Group; The Mural; The Play; The Game	*Support*	**363300**	**$21.50**

Copyright **1993**

The Baseball Card (BPN 363301) A young boy discovers that stealing is no innocent act when he takes a friend's most valuable baseball card — and then lies about stealing it. It's only after he implicates one of his best friends in the theft that he begins to understand the consequences of his dishonesty. Fast action and contemporary dialogue keep viewers involved in this true-to-life story that provides valuable lessons on personal values, self-esteem, and friendship.

The Fight (BPN 363302) Demonstrates how easily a simple joke can get out of hand — and turn into a real fight. The issues of 'showing off', 'acting cool', and 'being tough', are addressed as two young boys play a practical joke on a classmate. Young viewers are offered ways to apologize to prevent a fight.
Note: Please preview. Some behaviour and language may cause concern in some communities.

The Lunch Group (BPN 363303) In this story a young girl meets a classmate from another country, and viewers are reminded how it feels to be an outsider.

The Mural (BPN 363304) The issues of accepting others, being fair, and recognizing the consequences of decisions are introduced in this dramatization. When her friends insist that Alan is "uncool", Trish is forced to struggle with her own mixed feelings about him and to explore the meaning of true friendship and the power of intimidation.

The Play (BPN 363305) In this story of a wheelchair-bound young girl, students learn about their attitudes to young people with disabilities, and how people with disabilities think about themselves.

The Game (BPN 363306) Tammy is the last student to be picked as a team member for a tag game. Embarassed about continually being selected last, she decides to try three different strategies to change her classmates' attitudes to her.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: August 31, 1997.

YOUR CHOICE ... OUR CHANCE (ALBERTA EDITION)

This series helps empower children and adults to create drug-free communities, schools, families, and individuals. Includes ten programs aimed at students in grades five and six in alcohol and drug prevention classes, and one documentary aimed at concerned adults. This series is authorized for use in Grades 5 and 6.

SUPPLIER: **ACCESS**

Theme IV

		Order No.	Est. Cost
Penalty Kick; I Think, I Am; Fitting In; The Big Break; Thanks, But No Thanks; Good Practice Today; Sister, Sister; Decisions; A Friend Indeed; Like You, Dad; About Your Choice ... Our Chance	*Support*	**334500**	**Free of charge**

Copyright **1990**

Penalty Kick (BPN 334501) Features Eric, an eleven-year-old with hemophilia, who denies his disability and constantly takes risks to prove that he is like everyone else. Shows the pressure of having an alcoholic mother and a friend who experiments with alcohol to "relax." Questions the appeal of alcohol as a "way out."

I Think, I Am (BPN 334502) Follows Rod and Diane, ten-year-olds, on a typical day. Shows how Rod has positive thoughts, while Diane expresses negative thoughts about herself and acts accordingly. Uses a skit to illustrate the correct response to pressure to use alcohol and drugs.

Fitting In (BPN 334503) Tells the story of eleven-year-old Theresa. Shows the influence of her friend Angela who is always ready to take risks, whether on a skateboard or with marijuana. Concludes with Theresa's successful efforts to cope with pressure.

The Big Break (BPN 334504) Tells the story of Deborah, a model, who has been offered an excellent career opportunity - in a national advertising campaign for a wine cooler. Shows her dilemma when she learns that the campaign is targeted to young people who may be influenced to experiment with alcohol.

Thanks, But No Thanks (BPN 334505) Tells of a group of friends who meet at the mall and come under the influence of Michelle. She is sophisticated and not above shop-lifting, smoking, or drinking alcohol. Shows how the friends, one by one, find the courage to refuse to join in a drinking party.

Good Practice Today (BPN 334506) Tells of Jeff, an eleven-year-old, who is under pressure from several boys on the baseball team to dip snuff. Shows how Jeff's sister rehearses him in ways of saying 'no', and how Jeff gets the rest of the team to join him in saying 'no'.

Sister, Sister (BPN 334507) Tells the story of eleven-year-old Alicia, who has one prized possession - her bike. Shows her hard work at a variety of jobs to earn money to buy it. Points to her sister as a suspect when her bike has been stolen. Gives involvement with alcohol and marijuana as contributing factors to her sister's suspicious behaviour.

Decisions (BPN 334508) Presents the stresses on twelve-year-old James, due to his parents' recent divorce, his mother's long work hours, his father's departure from town, and his responsibilities for his younger brother. Disaster results when James' carelessness, due to an evening of drinking, results in a fire.

A Friend Indeed (BPN 334509) Tells the story of two friends, J.D. and Brad, and how their friendship is destroyed when J.D. calls an alcohol hotline and tells his mother, whose call to Brad's father exposes Brad's heavy drinking. Shows a final discussion between J.D., another friend, and a concerned teacher.

Like You, Dad (BPN 334510) Tells the story of siblings who attend a school health fair with their parents. Shows a conspiracy among the children and their mother to plan a vigorous camping trip which excludes their father who is in poor physical condition. Demonstrates the father's concern for his family and for his own health habits.

About Your Choice ... Our Chance (BPN 334511) Highlights the project's overall purpose, objectives, and components. Deals with the theme of participation — how all segments, institutions, and agencies in the community work together to support a variety of prevention activities. Shows how a community can work in and out of schools to assist students and families.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry Date: Rights in perpetuity.

Arthur's Eyes

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. 310277 **Est. Cost** $58.95

With as many ways of seeing as there are people, it's important to use the eyes and the heart to really see what is happening. LeVar's eyes are playing tricks on him and yours will too, as you try to figure out what is the real way to see things. Bill Cosby narrates the feature story about Arthur, a boy whose initial shyness about wearing glasses gets him into some awkward scrapes. The program deals with another kind of blindness - the kind that sees past the colour of a person's skin to the real person underneath.

Best Self-Esteem Activities for the Elementary Grades, The

Theme I
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Akin, T.; et al.
Copyright / ISBN 1990 / 0962548626
Publisher Innerchoice Publishing
Distributor Innerchoice Publishing
Supplier LRDC
Order No. 252908 **Est. Cost** $43.20

This resource is a collection of instructional strategies designed to help students develop an accurate concept of who they are, practice skills for interacting positively and productively with others, and develop skills in goal setting and decision making. Also included are sections outlining recent research and related theory pertaining to the importance, development and enhancement of self-esteem.

Best You Can Be, The: Nutrition Resource Manual: Body Image, Healthy Eating & Healthy Weight: Grades 4-6

Theme IV
Grades 4, 5, 6 ***Authorized Teaching***

Copyright 1992
Publisher Red Deer Regional Health Unit
Distributor Red Deer Community Health Centre
Supplier LRDC
Order No. 304238 **Est. Cost** $23.65

The Best You Can Be helps teachers address the issues of body image and health. The manual includes background information for teachers and student activities. Student activities in the Body Image and Healthy Weight section focus on self-acceptance, self-esteem, external factors that influence body image, the healthy weight concept, and eating disorder prevention. Student activities in the Healthy Eating section focus on selecting food for lifelong health.

Better Safe than Sorry

Theme IV: Child Abuse Prevention Unit
Grades 4, 5, 6 ***Support***

Copyright 1978
Publisher FilmFair Communications
Distributor Vitascope
Supplier ACCESS Television
Order No. BPN 282401 **Est. Cost** $17.00

In this video, Joanna and Ted introduce some potentially dangerous situations to help children learn to make judgements and develop safety strategies. Scenarios, including a stranger at the park, an invitation to ride in an acquaintance's car, and being left alone at home, are dramatised.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: August 31, 1997.

Boy to Man (3rd Ed.)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher Churchill Media
Distributor McIntyre Media Ltd.
Supplier ACCESS Television
Order No. BPN 359301 **Est. Cost** $17.00

The new third edition helps preteen boys understand the emotional and physical changes of puberty.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: July 30, 1998.

Care Kit 4 - 5, The: Feeling Good About Yourself: Personal Safety for Grades 4 & 5 Intermediate Program

Theme IV: Child Abuse Prevention Unit
Grades 4, 5 ***Authorized Teaching***

Copyright 1986
Publisher CARE Productions
Distributor CARE Productions
Supplier Vendor Direct
Est. Cost Out-of-print

This intermediate program reviews the key messages of the primary kit, while providing a more sophisticated approach for dealing with sexual abuse. This approach includes training in: improving self-confidence, role-playing, decision making, problem solving, and effective communciation skills. The program also addresses the needs of students not exposed to the primary kit. Student learning activities that help to teach and reinforce the messages of the program include: creative writing, role-playing, puppetry, poetry, poster contests, preparing questions for guest speakers, and expanding vocabularies.

Changes

Series: *Growing Up*
Theme V: Human Sexuality
Grades 4, 5, 6 ***Authorized Teaching***

Copyright 1990
Publisher National Film Board
Distributor National Film Board
Supplier LRDC
Order No. 251421 **Est. Cost** $24.85

This video explores the physical and emotional changes that occur at puberty. It points out that the rate of change is different for each person and that this is normal. Menstruation, breast development, erections, masturbation and wet dreams are discussed. **Note:** This video is an Authorized Teaching resource because of the sensitive nature of a few of the sections. The video models interaction between adults and children and discusses topics and issues related to human sexuality education at the elementary levels.

Children in Crisis: Support for Teachers and Parents

Themes I, II, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Newman, F.
Copyright / ISBN 1993 / 0590730886
Publisher Scholastic-TAB Publications
Distributor Scholastic-TAB Publications
Supplier LRDC
Order No. 301391 **Est. Cost** $14.45

This resource describes some of the major social problems faced by children and suggests ways teachers can help children cope with difficulties. Subjects covered are: separation and divorce, poverty, substance abuse, serious illness, death, racism, suicide, sexual and physical abuse, anger, listening, and self-esteem.

China Doll

Series: *Come in From the Storm*
Theme IV: Child Abuse Prevention Unit
Grades 4, 5 ***Support***

Copyright 1986-87
Publisher Kinetic Inc.
Distributor Kinetic Inc.
Supplier ACCESS Television
Order No. BPN Pending

China Doll introduces students to the topic of physical and emotional abuse. A mother watches her young daughter role playing a verbally abusive situation with her doll. The video helps children explore feelings and teaches the difference between feelings and acting up and that help is available.

Dealing With Pressures; Enhancing Self-Esteem; Friendship; Handling Emotions; Preventing Conflicts and Violence; Saying "No" to Alcohol & Other Drugs; Setting & Achieving Goals; The Three R's of Growing Up; You and Your Values; Respecting Others; Getting Along with Parents; Speaking of Sex

Series: *Big Changes, Big Choices*

Themes I, II, III, IV
Grades 5, 6 ***Support***

Copyright 1993

Title / ISBN	Order No.	Est. Cost
Dealing With Pressures	312067	$60.45
Enhancing Self-Esteem	312075	$60.45
Friendship	312083	$60.45
Handling Emotions	312091	$60.45
Preventing Conflicts and Violence	312108	$60.45
Saying "No" to Alcohol & Other Drugs	312116	$60.45
Setting & Achieving Goals	312124	$60.45
The Three R's of Growing Up	312132	$60.45
You and Your Values	312140	$60.45
Respecting Others	312158	$60.45
Getting Along with Parents	312166	$60.45
Speaking of Sex	312174	$60.45

Publisher Live Wire Media
Distributor Canadian Learning Company
Supplier LRDC

Big Chances, Big Choices helps young teens work their way through the turmoil of early adolescence while making positive and healthful life choices. In each program, TV cameras follow comedian / teen counselor Michael Pritchard to middle schools around the country, as he thrills his young audiences with warm humor about growing up and engages groups of teens in problem-solving sessions about serious issues that affect their lives. By watching and discussing these videos, kids will gain insight into how to deal with the pressures of growing up and prevent conflicts and violence. And they will be encouraged to say no to drugs, postpone sexual activity, and strive to get along in a culturally diverse world.

Dentalsaurus: Dental Health Teaching Package: Grade 5

Theme IV
Grade 5 ***Authorized Teaching***

Copyright 1992
Publisher Red Deer Regional Health Unit
Distributor Red Deer Community Health Centre
Supplier LRDC
Order No. Pending **Est. Cost** Pending

This package provides teacher information and a variety of student activities. Discussion guidelines and activity sheets are included. The teaching package provides lessons and activities on three topics: dental diseases, oral hygiene techniques, and food labels.

Diary, The

Series: *Come in From the Storm*

Theme IV: Child Abuse Prevention Unit
Grades 4, 5 ***Support***

Copyright 1986-87
Publisher Kinetic Inc.
Distributor Kinetic Inc.
Supplier ACCESS Television
Order No. BPN Pending

In *The Diary*, a fantasy segment features the future son of an emotionally and physically abused child. Children learn to understand the difference between feelings for another person and feelings about what that person may do.

Especially You

Series: *Growing Up*

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1990
Publisher National Film Board
Distributor National Film Board
Supplier ACCESS Television
Order No. BPN 335703 **Est. Cost** $17.00

This video is designed to help students develop skills to build self-esteem and cope with peer pressure by developing their problem-solving and decision-making abilities. It shows children that they all have individual qualities that make them special and that they can respect the differences in others. There is no direct human sexuality content in this video.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: March 15, 2001.

Feelings

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Even though we can't touch or smell feelings, everybody has them. Happiness, loneliness, embarrassment, jealousy and excitement are just some of the feelings people experience, and that's what this video is all about. The sights and sounds of New York City's Central Park provide the backdrop for LeVar's probe into the world of feelings and how they affect us and those around us. Whether it be the up-and-down sensation of a carousel, or the tranquility of a rowboat, the variety of feelings we experience every day is endless. The highlighted book, *Koko's Kitten*, grants viewers the unusual privelege of meeting Koko, the gorilla, and her kitten, whose relationship typifies the idea that feelings do not only occur between humans, but between other animals as well.

Feelings: Inside, Outside, Upside Down

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright / ISBN 1991 / 0780540204
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 257875 **Est. Cost** $146.10

This resource focuses on the range of new feelings and emotions that children feel as they enter puberty. Dramatizations of problems faced by students are intended to help the viewers recognize the emotional changes they will undergo and that these changes are a normal part of growing up. Students are encouraged to view puberty as an exciting and special time.

First Aid: The Vital Link

Theme IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright / ISBN 1994 / 0801679524
Publisher Mosby Lifeline
Distributor Canadian Red Cross Society
Supplier LRDC
Order No. 284604 **Est. Cost** $18.90

This resource replaces the *First Aid Manual (18th Ed.)* of the Canadian Red Cross Society. It is a useful reference for teachers to use for instructional activities and in emergency situations. Topics include: emergency action principles, breathing and cardiovascular emergencies, head and spine, musculoskeletal and soft tissue injuries, sudden medical conditions, and poisons. Step-by-step procedures with illustrations are included.

Fox on the Job

Series: *Reading Rainbow*
Themes II, III
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

There are many jobs in the world and you have to try to find the one that's right for you. The perfect job is hard to come by and Lazy Fox has an amusing time looking for one. Inspired by this delightful tale, LeVar goes to work on some household chores. Viewers will meet a young entrepreneur who turns bright colours into big business and they'll also encounter a unique twist on walking the family dog.

Girl to Woman (3rd Ed.)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher Churchill Media
Distributor McIntyre Media Ltd.
Supplier ACCESS Television
Order No. BPN 359401 **Est. Cost** $17.00

The new third edition helps preteen girls to understand the feelings they have as their bodies prepare them for adulthood.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: July 30, 1998.

Gregory the Terrible Eater

Series: *Reading Rainbow*
Themes IV
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

A look at the specially prepared diets of the animals at the zoo shows the importance of a nutritionally balanced diet for people, too. Is there anything goats won't eat? LeVar journeys to the San Diego Zoo to find out. A young goat named Gregory has an abnormal penchant for "revolting" foods like eggs, vegetables, fruit and milk. His distraught parents must teach himt to enjoy such delicacies as cans, cardboard and wide, striped ties. LeVar samples haute cuisine à la goat when he happens upon Nanny and Billy's cafe, a small intimate eatery run by and for the four-legged. Back at the San Diego Zoo kitchen, we find out about diets of a variety of animals.

Growing Up: Body, Feelings and Behaviour

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1986
Publisher Churchill Films
Distributor McIntyre Media Ltd.
Supplier ACCESS Television
Order No. BPN 361201 **Est. Cost** $17.00

This video helps children understand the anatomical, behavioural and emotional changes that occur in boys and girls during adolescence. Individual differences in the growth rate are highlighted. Students are reassured about common pre-adolescent concerns.

Please note: The cost includes duplicating charges only. Handling and GST are extra.

Expiry date: July 31, 1998.

Health for Life 1: A Teacher's Planning Guide to Health Education in the Primary School

Series: *Health for Life*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Williams, T.; et al.
Copyright / ISBN 1989 / 0174231113
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282666 **Est. Cost** $71.45

Health for Life 1 provides a lifestyles approach to health education. It covers health education topics in a holistic way which emphasizes development of student awareness of their own and other lifestyles. Areas such as: growing, growing up, keeping safe, family relationships, healthy eating, healthy environments, and the world of drugs are included. *Health for Life 1* is designed to help teachers plan their health program and integrate it into the curriculum.

Health for Life 2: Health Education in the Primary School: A Teacher's Guide to Three Key Topics: The World of Drugs; Keeping Myself Safe; Me and My Relationships

Series: *Health for Life*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Williams, T.; et al.
Copyright / ISBN 1989 / 017423113X
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282658 **Est. Cost** $98.55

Health for Life 2 provides a lifestyles approach to health education. It covers health education topics in a holistic way which emphasizes development of student awareness of their own and other lifestyles. *Health for Life 2* includes the same topics as *Health for Life 1*, but gives more detail on: The World of Drugs, Keeping Myself Safe, and Me and My Relationships. *Health for Life 2* provides a wide range of classroom strategies and activities on these topics and is designed to be used with *Health for Life 1*.

Human Body

Series: *Wonder Why*
Theme IV
Grades 4, 5, 6 ***Support***

Copyright 1993
Publisher CTV Television
Distributor Magic Lantem Communications Ltd.
Supplier LRDC
Order No. 310483 **Est. Cost** $105.05

This video presents information about the body's major organs. Host Richard Zurawski helps his young co-hosts discover many things about the world in which they live. Jonathan Large is at the video arcade when disaster strikes. He hiccups! He sneezes! Why is this happening to him? Mark sends Richard and co-host Cheryl to hone up on the human body. They get under our skin and check us out from head to toe.

Little Nino's Pizzeria

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Working as a team, especially a family team, helps people accomplish some wonderful things. Tony loves helping his dad make pizze at their restaurant, until his dad decides to open up a fancy new restaurant instead. In the new place Tony seems to always be in the way, but after a while his father misses making his own pizza and goes right back to his old ways. Inspired by the story, LeVar decides to make a pizza on his own, but what he doesn't know is that his ordinary pizza has to feed an entire basketball team.

McGruff Files, The: People Different but Alike

Series: *McGruff the Crime Dog*
Theme II
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312017 **Est. Cost** $60.45

This video is aimed at teaching children how to get along and make friends with people they view as different. It examines some of the things that can happen when people don't make the effort to understand and appreciate each other. They discuss hate crimes and the consequences to both the victims and the perpetrators.

McGruff on Self-Protection: Preventing Child Abuse and Neglect

Series: *McGruff the Crime Dog*
Theme IV: Child Abuse Prevention Unit
Grades 3, 4, 5, 6 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312025 **Est. Cost** $60.45

McGruff explains that any form of child abuse or neglect is against the law, and that help is available to children who need it. Dramatizations feature children who have learned how to handle themselves in abusive and neglectful situations. Three scenarios examine cases of child neglect, physical abuse and sexual abuse. The program attempts to offer strategies for children in abusive or neglectful situations.

New Improved Me, The: Understanding Body Changes (without Mention)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright / ISBN 1991 / 0780540506
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 257809 **Est. Cost** $165.70

This two-part video explains the physical changes that boys and girls can expect to undergo during puberty. Puberty is an exciting and important event in their lives and a normal, healthy part of growing up. **Note:** This version does not include mention of masturbation.

Safety's Gone to the Head

Theme IV
Grades 4, 5, 6 ***Support***

Copyright 1993
Publisher Grey Nuns Hospital
Distributor Grey Nuns Community Health Centre
Supplier Vendor Direct
Est. Cost $49.99

This video was developed to assist teachers and parents in educating children about the importance of wearing a safety approved bicycle helmet. It includes accounts of real life experiences with severe head injury while riding a bicycle without a helmet. Teachers should note that some images may be upsetting for some children and should preview the video before using it with students.

Sense and Nonsense (Teacher Resource)

Theme IV
Grades 4, 5, 6 ***Authorized Teaching***

Copyright 1989
Publisher AADAC
Distributor AADAC
Supplier Vendor Direct
Est. Cost Available free of charge

Good decisions are based on good information. As children move toward adolescence, they are faced with situations that require them to make drug-related decisions. *Sense and Nonsense* is designed to help children prepare to make these important decisions. Through a set of guided activities, youth (age 9-12) receive information on drugs such as caffeine, nicotine, and alcohol. They examine drug risks and responsible ways of using drugs. The resource includes: background information for youth leaders and teachers, participant activities, worksheets and overhead transparency masters, and evaluation sheets.

Sexuality: An Education Resource Book (Teacher Resource)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Basic Teaching***

Author(s): Campbell, J.; Golick, J.
Copyright / ISBN 1988 / 0889961468
Publisher Globe/Modern Curriculum Press
Distributor Prentice Hall
Supplier LRDC
Order No. 118853 **Est. Cost** $40.65

This resource is designed to assist teachers in developing and offering a comprehensive sex education program, focusing on several areas of learning: cognitive, affective, and decision-making skills. It includes background information on human sexuality, organization for instruction, comprehensive lesson plans, reproducible masters, and a bibliography and glossary.

Skills For Growing Program for Grades K-5: Field Test Version

Themes I, II, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright 1988
Publisher Quest International
Distributor Lion's Club
Supplier Vendor Direct (By Inservice Only)
Est. Cost See Note below.

Skills for Growing focuses on helping children learn effective thinking and social skills that lead to positive behaviour. Key program goals include:

- Involving parents, school staff, and the community in supporting the healthy development and success of children.
- Providing opportunities for children to practice good citizenship through service to others.
- Encouraging a healthy, drug-free approach to life.
- Providing support for teachers and administrators through effective materials, high-quality training, and follow-up services.
- Celebrating diversity and encouraging respect for others.

The program focuses on five major themes. These are the same from one year to the next, with different lessons and activities appropriate for each grade. The kit includes K-1 Manual, 2-3 Manual, 4-5 Manual and School Community Manual.

Note: This kit cannot be purchased through the LRDC. It is available only to administrators and teachers who have been inserviced by Lions Quest Canada. Workshops cost $1220.00 for a principal and two teachers. Additional teachers can attend the workshop and receive materials for $470.00.

Springboards: Ideas for Health Education

Series: *Springboards*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Llewellyn, J.
Copyright / ISBN 1987 / 0170068099
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282640 **Est. Cost** $33.35

This teacher resource contains ideas and individual lessons for a health education program at the elementary level. Topics include: accidents and safety, self-concept, emotions and relationships, food and nutrition, understanding and caring for the body, growth and development, sexuality and family life, environment, hygiene and disease, drugs, health care services, and leisure. The subject matter is developed at three levels: lower (age 5-7), middle (age 8-10), and upper (age 11-13). Scope and sequence charts are found in each section and topics are developed sequentially.

Then One Year (2nd Ed.)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher Churchill Media
Distributor McIntyre Media Ltd.
Supplier ACCESS Television
Order No. BPN 349301 **Est. Cost** $17.00

This second edition combines material from *Boy to Man* and *Girl to Woman* to provide information for both sexes on the physical and emotional changes that occur during puberty. It helps preteens understand the feelings they have as their bodies prepare them for adulthood.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: January 31, 1998.

Through Moon and Stars and Night Skies

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Families are created in many different ways. This is a tender story about a family formed through adoption. People everywhere talk about the ups and downs of life as fathers, mothers, sisters, brothers and more. It's a show that everyone can "relate" to.

Tight Times

Series: *Reading Rainbow*
Themes II, III
Grades 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Even when times are hard, it's possible to have lots of fun without spending a cent - by working together and using imagination. LeVar Burton visits a pet show and discovers all kinds of unusual pets, including pet rocks. But some children can't have pets, so LeVar introduces the touching story of a little boy who wants a pet at a time when his family is having financial trouble and must hold the line on expenses. LeVar explains that even in "tight times" there are all kinds of ways to have fun without spending a dime, all for the price of a little ingenuity and imagination. A spectacular musical dance number "Check It Out", takes LeVar for a spin around the FREE public library.

What David Found Out

Theme IV
Grades 4, 5, 6 ***Support***

Copyright 1989
Publisher Canadian Cancer Society
Distributor Canadian Cancer Society
Supplier Vendor Direct
Est. Cost Available free of charge

When David learns his mom may have cancer, he sets out on his own mission to find out more about it. He discovers that many cancers are curable and by making good lifestyle choices, some can be prevented. During his research, David learns some surprising facts about his own family and decides to confront them with the evidence he has gathered.

When Sex Is the Subject: Attitudes and Answers for Young Children: Suggestions for Teachers, Parents and Other Care Providers of Children to Age 10

Theme V: Human Sexuality
Grades 4, 5, 6 ***Authorized Teaching***

Author(s): Wilson, P.M.
Copyright / ISBN 1991 / 1560710640
Publisher Network Publications/ETR Associates
Distributor Network Publications/ETR Associates
Supplier LRDC
Order No. 252966 **Est. Cost** $20.75

This handbook explains that the key to effective sex education for young children is NOT just what you say but how you say it. It provides age-appropriate answers to common questions, ground rules for a positive learning environment, and suggestions for parent-teacher partnerships in sex education.

Who Are You?; My Choice; The Real Me; I Do Care; My Family, My Self; I Don't Buy It

Series: *Just for Me*
Theme I, II, III, IV
Grades 2, 3, 4, 5, 6 ***Support***

Copyright 1992
Publisher AIT/Best Foundation for Drug-Free Tomorrow
Distributor Agency for Instructional Technology
Supplier ACCESS Television
Order No. BPN 348300 **Est. Cost** $81.00 (Includes Print)

The *Just For Me* series supports tobacco, alcohol and other drug use prevention education for students in the early elementary years. Six video programs feature dramatic presentations that focus on topics such as self-esteem, decision making, refusal skills, family references, peer pressure, responsibility. The intent is to help students develop the knowledge, skills, attitudes and behaviours needed to prevent drug use in themselves and others. The teacher guide includes lesson-by-lesson suggestions for discussion and activities to accompany the videos. Extension activities and worksheets are also included.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: Rights in perpetuity.

Why Is It Always Me? (2nd ed.)

Theme I, II
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher Kinetic Inc.
Distributor Kinetic Inc.
Supplier ACCESS Television
Order No. BPN 349201 **Est. Cost** $17.00

This video describes the frustrations and anger that early adolescents face when trying to deal with personal problems. It suggests a logical method of problem-solving that can be used in day-to-day situations.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: January 31, 1998.

YOUNG CANADA HEALTH

Authors: J. Mills, R. Zacour and P. Clark
Publisher/Distributor: Nelson Canada

The *Young Canada Health* program teaches personal responsibility, informed decision-making skills, and a commitment to promote healthy behaviour. The student book is organized into eight themes representing four expanding dimensions of human health: intellectual, emotional, social, and physical/environmental. The student book also includes a wide range of collaborative and independent student activities, community-oriented research, built-in evaluation, and an ongoing narration.

SUPPLIER: **LRDC**

Order No. Est. Cost

Themes I, II, III, IV
STUDENT COMPONENTS

Student Book

Young Canada Health 3 includes content on self-development concepts such as: understanding one's self, talents and abilities, human relationships and peer pressure, friendships and family relationships, development, function and care of the body with a focus on skeletal, muscular, nervous, endocrine and dental systems, fitness and nutrition, classes of drugs, drug research and substance abuse prevention, safety and first aid with a focus on families and home safety, farm safety and babysitting, lifestyle and disease prevention, chronic diseases, community health services, and environmental health.

Young Canada Health 3 (Student Book) ***Basic*** **282624** **$19.10**
Copyright / ISBN **1990 / 0176037403**

TEACHING COMPONENTS

Teacher's Guide

The teacher's guide provides extension activities and evaluation strategies to supplement the student book activities. Each chapter is supported by reproducible activity sheets and "Practice a Living Skill" activities. These activities cover: assertiveness, behaviour control, conserving/consuming, decision-making, goal-setting, risk taking, self-awareness, self-responsibility, social adaptability, and value awareness.

Young Canada Health 3: Teacher's Guide ***Authorized Teaching*** **282674** **$26.55**
Copyright / ISBN **1990 / 0176037411**

CAREER EXPLORATIONS

Publisher/Distributor: Copp Clark Pitman / Copp Clark Longman

The twelve books in the Career Explorations series help teachers bring career education to the classroom. The activities follow a "research, apply, reflect" process. This series is authorized for use in Grades 5 and 6.

SUPPLIER: **LRDC**

Theme III
STUDENT COMPONENTS

Student Book

		Order No.	Est. Cost
Looking Ahead Copyright / ISBN 1992 / 0773050868	*Support*	292590	$9.85
Making Choices Copyright / ISBN 1992 / 0773050663	*Support*	292491	$9.85
Serving the Public Copyright / ISBN 1992 / 0773050841	*Support*	292582	$9.85
Working in Health Care Copyright / ISBN 1992 / 0773050825	*Support*	292574	$9.85
Working with Machines Copyright / ISBN 1992 / 0773050744	*Support*	292532	$9.85
Working with Math Copyright / ISBN 1992 / 0773050701	*Support*	292516	$9.85
Working with People Copyright / ISBN 1992 / 0773050809	*Support*	292566	$9.85
Working with Plants and Animals Copyright / ISBN 1992 / 0773050787	*Support*	292558	$9.85
Working with Sounds and Images Copyright / ISBN 1992 / 0773050728	*Support*	292524	$9.85
Working with Tools Copyright / ISBN 1992 / 0773050760	*Support*	292540	$9.85
Working with Words Copyright / ISBN 1992 / 077305068X	*Support*	292508	$9.85
World of Work, The Copyright / ISBN 1992 / 0773050647	*Support*	292483	$9.85

TEACHING COMPONENTS

Teacher's Manual

The teacher's manual contains 120 classroom activities (ten for each of the twelve books in the series) which are designed to follow the "research, apply and reflect" process. The activities emphasize an active learning environment and can be integrated into other subject areas.

Career Explorations: Teacher's Manual Copyright / ISBN 1992 / 0773052003	*Authorized Teaching*	292607	$26.55

FEELING YES, FEELING NO

This video series is designed to teach children about personal safety, sexual assault prevention and decision-making. Three actors engage in role-playing before a student audience, who participate in questions asked by the actors. Children learn to identify and communicate "yes" and "no" feelings, to cope with encounters with strangers, and to deal with sexual assault situations, including the importance of seeking help. This series is authorized for use in Grades 4, 5 and 6.

Note: Preview is essential. The video (Part 2 and 3) presents specific terminology for private parts of the body and therefore may not be consistent with the approach used in some schools.

SUPPLIER: **ACCESS**

Theme IV: Child Abuse Prevention Unit

		Order No.	Est. Cost
Feeling Yes, Feeling No (Parts 1, 2, 3)	***Support***	**282500**	**$30.50**

Copyright **1986**

Part 1 (BPN 282501) Teaches children basic skills that build self-worth, self-confidence, and good judgement. Together, these provide the necessary foundation for self-protection. Teaching tools include a catchy theme song, positive and negative touching scenes presented by the actors, and lively discussion. Children are encouraged to appreciate, take pride in, and take responsibility for their own bodies, and to recognize and express related feelings.

Part 2 (BPN 282502) Reinforces the understanding of Yes and No feelings and teaches children how to recognize sexual assault by strangers. It emphasizes that not every stranger is dangerous. Memorable skits help children to identify dangerous situations. Children learn three simple questions they can ask themselves, to ensure their own safety, before they choose to say yes or no to a stranger.

Part 3 (BPN 282503) Teaches a more complex level of differentiation. Building on the earlier self-affirmation and discrimination skills, it introduces the subject of sexual assault by family members or trusted persons. It asks "What if you weren't with a stranger? What if you were with someone that you knew..?" The classroom actors role-play children's responses to several common assault situations, and the children offer self-help suggestions. Shows children how to protect their integrity in the face of such an event.

Please note: The cost includes duplicating charges only. Handling and GST are extra.

Expiry date: November 30, 1998.

PLAYING FAIR

This video series encourages 7-12-year-olds to develop positive relations in a multicultural society by providing an understanding of issues relating to racism and prejudice. This series is authorized for use in Grades 2 to 6.

SUPPLIER: **ACCESS**

Themes I, II

		Order No.	Est. Cost
Walker; Carol's Mirror; Mela's Lunch; Hey, Kelly Copyright **1992**	*Support*	**347200**	**$50.00**

Walker (BPN 374201) This 13-minute video challenges racist attitudes toward Aboriginal people and shows how children from different backgrounds can form friendships. In the story, Walker is an Aboriginal foster child whose only playmate is his dog. Walker would like to make friends with Jamie, but Jamie is afraid of him and his dog.

Carol's Mirror (BPN 374202) This 14-minute video challenges the use of Eurocentric materials and shows how prejudice, racism and cultural expectations place limits on what people can do with their lives. In the story, Carol is interested in playing the lead in her school play. The only problem is that the school puts on Snow White every year, and Carol is not white.

Mela's Lunch (BPN 374203) This 14-minute video shows that differences in skin colour and country of origin need not be an obstacle to friendship or self-esteem. In the story, Mela, a recent immigrant from India, is trying to make friends and get used to her new surroundings. Her classmates make her feel unwelcome and out of place.

Hey, Kelly (BPN 374204) This 15-minute video focuses on the harmful and hurtful effects of racism and name calling. In the video, while playing a schoolyard game, Robert calls Kelly a name and a fight ensues. During detention, they find out they're not so different after all.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: September 15, 1997.

WHAT SHOULD I DO?

Students look into the mind of a child who is weighing the pros and cons of action taken in response to a moral dilemma. The action is stopped several times to give viewers the chance to compare their own decisions to the decisions being made by the main characters. This series is authorized for use in Grades 4, 5 and 6.

SUPPLIER: **ACCESS**

Theme II

		Order No.	Est. Cost
Baseball Card, The; The Fight; The Lunch Group; The Mural; The Play; The Game	*Support*	**363300**	**$21.50**

Copyright **1993**

The Baseball Card (BPN 363301) A young boy discovers that stealing is no innocent act when he takes a friend's most valuable baseball card — and then lies about stealing it. It's only after he implicates one of his best friends in the theft that he begins to understand the consequences of his dishonesty. Fast action and contemporary dialogue keep viewers involved in this true-to-life story that provides valuable lessons on personal values, self-esteem, and friendship.

The Fight (BPN 363302) Demonstrates how easily a simple joke can get out of hand — and turn into a real fight. The issues of 'showing off', 'acting cool', and 'being tough', are addressed as two young boys play a practical joke on a classmate. Young viewers are offered ways to apologize to prevent a fight.
Note: Please preview. Some behaviour and language may cause concern in some communities.

The Lunch Group (BPN 363303) In this story a young girl meets a classmate from another country, and viewers are reminded how it feels to be an outsider.

The Mural (BPN 363304) The issues of accepting others, being fair, and recognizing the consequences of decisions are introduced in this dramatization. When her friends insist that Alan is "uncool", Trish is forced to struggle with her own mixed feelings about him and to explore the meaning of true friendship and the power of intimidation.

The Play (BPN 363305) In this story of a wheelchair-bound young girl, students learn about their attitudes to young people with disabilities, and how people with disabilities think about themselves.

The Game (BPN 363306) Tammy is the last student to be picked as a team member for a tag game. Embarassed about continually being selected last, she decides to try three different strategies to change her classmates' attitudes to her.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: August 31, 1997.

YOUR CHOICE ... OUR CHANCE (ALBERTA EDITION)

This series helps empower children and adults to create drug-free communities, schools, families, and individuals. Includes ten programs aimed at students in grades five and six in alcohol and drug prevention classes, and one documentary aimed at concerned adults. This series is authorized for use in Grades 5 and 6.

SUPPLIER: **ACCESS**

Theme IV

		Order No.	Est. Cost
Penalty Kick; I Think, I Am; Fitting In; The Big Break; Thanks, But No Thanks; Good Practice Today; Sister, Sister; Decisions; A Friend Indeed; Like You, Dad; About Your Choice ... Our Chance	*Support*	**334500**	**Free of charge**

Copyright **1990**

Penalty Kick (BPN 334501) Features Eric, an eleven-year-old with hemophilia, who denies his disability and constantly takes risks to prove that he is like everyone else. Shows the pressure of having an alcoholic mother and a friend who experiments with alcohol to "relax." Questions the appeal of alcohol as a "way out."

I Think, I Am (BPN 334502) Follows Rod and Diane, ten-year-olds, on a typical day. Shows how Rod has positive thoughts, while Diane expresses negative thoughts about herself and acts accordingly. Uses a skit to illustrate the correct response to pressure to use alcohol and drugs.

Fitting In (BPN 334503) Tells the story of eleven-year-old Theresa. Shows the influence of her friend Angela who is always ready to take risks, whether on a skateboard or with marijuana. Concludes with Theresa's successful efforts to cope with pressure.

The Big Break (BPN 334504) Tells the story of Deborah, a model, who has been offered an excellent career opportunity - in a national advertising campaign for a wine cooler. Shows her dilemma when she learns that the campaign is targeted to young people who may be influenced to experiment with alcohol.

Thanks, But No Thanks (BPN 334505) Tells of a group of friends who meet at the mall and come under the influence of Michelle. She is sophisticated and not above shop-lifting, smoking, or drinking alcohol. Shows how the friends, one by one, find the courage to refuse to join in a drinking party.

Good Practice Today (BPN 334506) Tells of Jeff, an eleven-year-old, who is under pressure from several boys on the baseball team to dip snuff. Shows how Jeff's sister rehearses him in ways of saying 'no', and how Jeff gets the rest of the team to join him in saying 'no'.

Sister, Sister (BPN 334507) Tells the story of eleven-year-old Alicia, who has one prized possession - her bike. Shows her hard work at a variety of jobs to earn money to buy it. Points to her sister as a suspect when her bike has been stolen. Gives involvement with alcohol and marijuana as contributing factors to her sister's suspicious behaviour.

Decisions (BPN 334508) Presents the stresses on twelve-year-old James, due to his parents' recent divorce, his mother's long work hours, his father's departure from town, and his responsibilities for his younger brother. Disaster results when James' carelessness, due to an evening of drinking, results in a fire.

A Friend Indeed (BPN 334509) Tells the story of two friends, J.D. and Brad, and how their friendship is destroyed when J.D. calls an alcohol hotline and tells his mother, whose call to Brad's father exposes Brad's heavy drinking. Shows a final discussion between J.D., another friend, and a concerned teacher.

Like You, Dad (BPN 334510) Tells the story of siblings who attend a school health fair with their parents. Shows a conspiracy among the children and their mother to plan a vigorous camping trip which excludes their father who is in poor physical condition. Demonstrates the father's concern for his family and for his own health habits.

About Your Choice ... Our Chance (BPN 334511) Highlights the project's overall purpose, objectives, and components. Deals with the theme of participation — how all segments, institutions, and agencies in the community work together to support a variety of prevention activities. Shows how a community can work in and out of schools to assist students and families.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry Date: Rights in perpetuity.

Amazing Grace

Series: *Reading Rainbow*
Themes I, III
Grade 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Amazing Grace is a little girl who wants to be Peter Pan and refuses to let narrow thinking stand in her way. This inspiring story takes us on a journey where we meet other amazing women who have reached beyond stereotypes to pursue their dreams. In a warm and personal interview, Oscar-winning actor Whoopi Goldberg shares her own aspirations and triumphs.

Arthur's Eyes

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. 310277 **Est. Cost** $58.95

With as many ways of seeing as there are people, it's important to use the eyes and the heart to really see what is happening. LeVar's eyes are playing tricks on him and yours will too, as you try to figure out what is the real way to see things. Bill Cosby narrates the feature story about Arthur, a boy whose initial shyness about wearing glasses gets him into some awkward scrapes. The program deals with another kind of blindness - the kind that sees past the colour of a person's skin to the real person underneath.

Best Self-Esteem Activities for the Elementary Grades, The

Theme I
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Akin, T.; et al.
Copyright / ISBN 1990 / 0962548626
Publisher Innerchoice Publishing
Distributor Innerchoice Publishing
Supplier LRDC
Order No. 252908 **Est. Cost** $43.20

This resource is a collection of instructional strategies designed to help students develop an accurate concept of who they are, practice skills for interacting positively and productively with others, and develop skills in goal setting and decision making. Also included are sections outlining recent research and related theory pertaining to the importance, development and enhancement of self-esteem.

Best You Can Be, The: Nutrition Resource Manual: Body Image, Healthy Eating & Healthy Weight: Grades 4-6

Theme IV
Grades 4, 5, 6 ***Authorized Teaching***

Copyright 1992
Publisher Red Deer Regional Health Unit
Distributor Red Deer Community Health Centre
Supplier LRDC
Order No. 304238 **Est. Cost** $23.65

The Best You Can Be helps teachers address the issues of body image and health. The manual includes background information for teachers and student activities. Student activities in the Body Image and Healthy Weight section focus on self-acceptance, self-esteem, external factors that influence body image, the healthy weight concept, and eating disorder prevention. Student activities in the Healthy Eating section focus on selecting food for lifelong health.

Better Safe than Sorry

Theme IV: Child Abuse Prevention Unit
Grades 4, 5, 6 ***Support***

Copyright 1978
Publisher FilmFair Communications
Distributor Vitascope
Supplier ACCESS Television
Order No. BPN 282401 **Est. Cost** $17.00

In this video, Joanna and Ted introduce some potentially dangerous situations to help children learn to make judgements and develop safety strategies. Scenarios, including a stranger at the park, an invitation to ride in an acquaintance's car, and being left alone at home, are dramatised.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: August 31, 1997.

Boy to Man (3rd Ed.)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher Churchill Media
Distributor McIntyre Media Ltd.
Supplier ACCESS Television
Order No. BPN 359301 **Est. Cost** $17.00

The new third edition helps preteen boys understand the emotional and physical changes of puberty.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: July 30, 1998.

Changes

Series: *Growing Up*
Theme V: Human Sexuality
Grades 4, 5, 6 ***Authorized Teaching***

Copyright 1990
Publisher National Film Board
Distributor National Film Board
Supplier LRDC
Order No. 251421 **Est. Cost** $24.85

This video explores the physical and emotional changes that occur at puberty. It points out that the rate of change is different for each person and that this is normal. Menstruation, breast development, erections, masturbation and wet dreams are discussed. **Note:** This video is an Authorized Teaching resource because of the sensitive nature of a few of the sections. The video models interaction between adults and children and discusses topics and issues related to human sexuality education at the elementary levels.

Children in Crisis: Support for Teachers and Parents

Themes I, II, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Newman, F.
Copyright / ISBN 1993 / 0590730886
Publisher Scholastic-TAB Publications
Distributor Scholastic-TAB Publications
Supplier LRDC
Order No. 301391 **Est. Cost** $14.45

This resource describes some of the major social problems faced by children and suggests ways teachers can help children cope with difficulties. Subjects covered are: separation and divorce, poverty, substance abuse, serious illness, death, racism, suicide, sexual and physical abuse, anger, listening, and self-esteem.

Dealing With Pressures; Enhancing Self-Esteem; Friendship; Handling Emotions; Preventing Conflicts and Violence; Saying "No" to Alcohol & Other Drugs; Setting & Achieving Goals; The Three R's of Growing Up; You and Your Values; Respecting Others; Getting Along with Parents; Speaking of Sex

Series: *Big Changes, Big Choices*
Themes I, II, III, IV
Grades 5, 6 ***Support***

Copyright 1993

Title / ISBN	Order No.	Est. Cost
Dealing With Pressures	312067	$60.45
Enhancing Self-Esteem	312075	$60.45
Friendship	312083	$60.45
Handling Emotions	312091	$60.45
Preventing Conflicts and Violence	312108	$60.45
Saying "No" to Alcohol & Other Drugs	312116	$60.45
Setting & Achieving Goals	312124	$60.45
The Three R's of Growing Up	312132	$60.45
You and Your Values	312140	$60.45
Respecting Others	312158	$60.45
Getting Along with Parents	312166	$60:45
Speaking of Sex	312174	$60.45

Publisher Live Wire Media
Distributor Canadian Learning Company
Supplier LRDC

Big Chances, Big Choices helps young teens work their way through the turmoil of early adolescence while making positive and healthful life choices. In each program, TV cameras follow comedian / teen counselor Michael Pritchard to middle schools around the country, as he thrills his young audiences with warm humor about growing up and engages groups of teens in problem-solving sessions about serious issues that affect their lives. By watching and discussing these videos, kids will gain insight into how to deal with the pressures of growing up and prevent conflicts and violence. And they will be encouraged to say no to drugs, postpone sexual activity, and strive to get along in a culturally diverse world.

Dentalsaurus: Dental Health Teaching Package: Grade 6

Theme IV
Grade 6 ***Authorized Teaching***

Copyright 1992
Publisher Red Deer Regional Health Unit
Distributor Red Deer Community Health Centre
Supplier LRDC
Order No. Pending **Est. Cost** Pending

This package provides teacher information and a variety of student activities. Discussion guidelines and activity sheets are included. The teaching package provides lessons and activities on three topics: oral hygiene techniques, dental diseases, and dentally acceptable foods.

Especially You

Series: *Growing Up*
Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1990
Publisher National Film Board
Distributor National Film Board
Supplier ACCESS Television
Order No. BPN 335703 **Est. Cost** $17.00

This video is designed to help students develop skills to build self-esteem and cope with peer pressure by developing their problem-solving and decision-making abilities. It shows children that they all have individual qualities that make them special and that they can respect the differences in others. There is no direct human sexuality content in this video.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: March 15, 2001.

Feelings

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Even though we can't touch or smell feelings, everybody has them. Happiness, loneliness, embarrassment, jealousy and excitement are just some of the feelings people experience, and that's what this video is all about. The sights and sounds of New York City's Central Park provide the backdrop for LeVar's probe into the world of feelings and how they affect us and those around us. Whether it be the up-and-down sensation of a carousel, or the tranquility of a rowboat, the variety of feelings we experience every day is endless. The highlighted book, *Koko's Kitten*, grants viewers the unusual privelege of meeting Koko, the gorilla, and her kitten, whose relationship typifies the idea that feelings do not only occur between humans, but between other animals as well.

Feelings: Inside, Outside, Upside Down

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright / ISBN 1991 / 0780540204
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 257875 **Est. Cost** $146.10

This resource focuses on the range of new feelings and emotions that children feel as they enter puberty. Dramatizations of problems faced by students are intended to help the viewers recognize the emotional changes they will undergo and that these changes are a normal part of growing up. Students are encouraged to view puberty as an exciting and special time.

First Aid: The Vital Link

Theme IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright / ISBN 1994 / 0801679524
Publisher Mosby Lifeline
Distributor Canadian Red Cross Society
Supplier LRDC
Order No. 284604 **Est. Cost** $18.90

This resource replaces the *First Aid Manual (18th Ed.)* of the Canadian Red Cross Society. It is a useful reference for teachers to use for instructional activities and in emergency situations. Topics include: emergency action principles, breathing and cardiovascular emergencies, head and spine, musculoskeletal and soft tissue injuries, sudden medical conditions, and poisons. Step-by-step procedures with illustrations are included.

Fox on the Job

Series: *Reading Rainbow*
Themes II, III
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

There are many jobs in the world and you have to try to find the one that's right for you. The perfect job is hard to come by and Lazy Fox has an amusing time looking for one. Inspired by this delightful tale, LeVar goes to work on some household chores. Viewers will meet a young entrepreneur who turns bright colours into big business and they'll also encounter a unique twist on walking the family dog.

Girl to Woman (3rd Ed.)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher Churchill Media
Distributor McIntyre Media Ltd.
Supplier ACCESS Television
Order No. BPN 359401 **Est. Cost** $17.00

The new third edition helps preteen girls to understand the feelings they have as their bodies prepare them for adulthood.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: July 30, 1998.

Gregory the Terrible Eater

Series: *Reading Rainbow*
Themes IV
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

A look at the specially prepared diets of the animals at the zoo shows the importance of a nutritionally balanced diet for people, too. Is there anything goats won't eat? LeVar journeys to the San Diego Zoo to find out. A young goat named Gregory has an abnormal penchant for "revolting" foods like eggs, vegetables, fruit and milk. His distraught parents must teach himt to enjoy such delicacies as cans, cardboard and wide, striped ties. LeVar samples haute cuisine à la goat when he happens upon Nanny and Billy's cafe, a small intimate eatery run by and for the four-legged. Back at the San Diego Zoo kitchen, we find out about diets of a variety of animals.

Growing Up: Body, Feelings and Behaviour

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1986
Publisher Churchill Films
Distributor McIntyre Media Ltd.
Supplier ACCESS Television
Order No. BPN 361201 **Est. Cost** $17.00

This video helps children understand the anatomical, behavioural and emotional changes that occur in boys and girls during adolescence. Individual differences in the growth rate are highlighted. Students are reassured about common pre-adolescent concerns.

Please note: The cost includes duplicating charges only. Handling and GST are extra.

Expiry date: July 31, 1998.

Health for Life 1: A Teacher's Planning Guide to Health Education in the Primary School

Series: *Health for Life*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Williams, T.; et al.
Copyright / ISBN 1989 / 0174231113
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282666 **Est. Cost** $71.45

Health for Life 1 provides a lifestyles approach to health education. It covers health education topics in a holistic way which emphasizes development of student awareness of their own and other lifestyles. Areas such as: growing, growing up, keeping safe, family relationships, healthy eating, healthy environments, and the world of drugs are included. *Health for Life 1* is designed to help teachers plan their health program and integrate it into the curriculum.

Health for Life 2: Health Education in the Primary School: A Teacher's Guide to Three Key Topics: The World of Drugs; Keeping Myself Safe; Me and My Relationships

Series: *Health for Life*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Williams, T.; et al.
Copyright / ISBN 1989 / 017423113X
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282658 **Est. Cost** $98.55

Health for Life 2 provides a lifestyles approach to health education. It covers health education topics in a holistic way which emphasizes development of student awareness of their own and other lifestyles. *Health for Life 2* includes the same topics as *Health for Life 1*, but gives more detail on: The World of Drugs, Keeping Myself Safe, and Me and My Relationships. *Health for Life 2* provides a wide range of classroom strategies and activities on these topics and is designed to be used with *Health for Life 1*.

Human Body

Series: *Wonder Why*
Theme IV
Grades 4, 5, 6 ***Support***

Copyright 1993
Publisher CTV Television
Distributor Magic Lantern Communications Ltd.
Supplier LRDC
Order No. 310483 **Est. Cost** $105.05

This video presents information about the body's major organs. Host Richard Zurawski helps his young co-hosts discover many things about the world in which they live. Jonathan Large is at the video arcade when disaster strikes. He hiccups! He sneezes! Why is this happening to him? Mark sends Richard and co-host Cheryl to hone up on the human body. They get under our skin and check us out from head to toe.

It's OK to Tell

Theme IV: Child Abuse Prevention Unit
Grade 6 ***Support***

Copyright 1990
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier ACCESS Television
Order No. BPN Pending

A girl, Angie, is being molested by her stepfather and has been told not to tell anyone. Angie's best friend Ricky and her teacher know something is wrong because she is withdrawn. Angie finally tells her teacher and the video dramatizes the benefits of telling and shows how child protection laws are set in motion. Angie and her mother begin to re-establish a trusting relationship. **Note:** Teachers should preview the first clips before the title, because they may be disturbing to students.

Little Nino's Pizzeria

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Working as a team, especially a family team, helps people accomplish some wonderful things. Tony loves helping his dad make pizze at their restaurant, until his dad decides to open up a fancy new restaurant instead. In the new place Tony seems to always be in the way, but after a while his father misses making his own pizza and goes right back to his old ways. Inspired by the story, LeVar decides to make a pizza on his own, but what he doesn't know is that his ordinary pizza has to feed an entire basketball team.

McGruff and Drug-Free Kids

Series: *McGruff the Crime Dog*
Theme IV
Grade 6 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312009 **Est. Cost** $60.45

This video emphasizes the message that drugs are dangerous. They can make people sick, damage their bodies, and keep them from growing up healthy. McGruff shows students how to deal with peer pressure and to respect themselves and their bodies. Three vignettes depict ways of saying "No" to drugs, and illustrate positive things kids can do with their free time.

McGruff Files, The: People Different but Alike

Series: *McGruff the Crime Dog*
Theme II
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312017 **Est. Cost** $60.45

This video is aimed at teaching children how to get along and make friends with people they view as different. It examines some of the things that can happen when people don't make the effort to understand and appreciate each other. They discuss hate crimes and the consequences to both the victims and the perpetrators.

McGruff on Self-Protection: Preventing Child Abuse and Neglect

Series: *McGruff the Crime Dog*
Theme IV: Child Abuse Prevention Unit
Grades 3, 4, 5, 6 ***Support***

Copyright 1992
Publisher AIMS Media
Distributor Canadian Learning Company
Supplier LRDC
Order No. 312025 **Est. Cost** $60.45

McGruff explains that any form of child abuse or neglect is against the law, and that help is available to children who need it. Dramatizations feature children who have learned how to handle themselves in abusive and neglectful situations. Three scenarios examine cases of child neglect, physical abuse and sexual abuse. The program attempts to offer strategies for children in abusive or neglectful situations.

New Improved Me, The: Understanding Body Changes (without Mention)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright / ISBN 1991 / 0780540506
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 257809 **Est. Cost** $165.70

This two-part video explains the physical changes that boys and girls can expect to undergo during puberty. Puberty is an exciting and important event in their lives and a normal, healthy part of growing up. **Note:** This version does not include mention of masturbation.

Safety's Gone to the Head

Theme IV
Grades 4, 5, 6 ***Support***

Copyright 1993
Publisher Grey Nuns Hospital
Distributor Grey Nuns Community Health Centre
Supplier Vendor Direct
Est. Cost $49.99

This video was developed to assist teachers and parents in educating children about the importance of wearing a safety approved bicycle helmet. It includes accounts of real life experiences with severe head injury while riding a bicycle without a helmet. Teachers should note that some images may be upsetting for some children and should preview the video before using it with students.

Sense and Nonsense (Teacher Resource)

Theme IV
Grades 4, 5, 6 ***Authorized Teaching***

Copyright 1989
Publisher AADAC
Distributor AADAC
Supplier Vendor Direct
Est. Cost Available free of charge

Good decisions are based on good information. As children move toward adolescence, they are faced with situations that require them to make drug-related decisions. *Sense and Nonsense* is designed to help children prepare to make these important decisions. Through a set of guided activities, youth (age 9-12) receive information on drugs such as caffeine, nicotine, and alcohol. They examine drug risks and responsible ways of using drugs. The resource includes: background information for youth leaders and teachers, participant activities, worksheets and overhead transparency masters, and evaluation sheets.

Sexuality: An Education Resource Book (Teacher Resource)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Basic Teaching***

Author(s): Campbell, J.; Golick, J.
Copyright / ISBN 1988 / 0889961468
Publisher Globe/Modern Curriculum Press
Distributor Prentice Hall
Supplier LRDC
Order No. 118853 **Est. Cost** $40.65

This resource is designed to assist teachers in developing and offering a comprehensive sex education program, focusing on several areas of learning: cognitive, affective, and decision-making skills. It includes background information on human sexuality, organization for instruction, comprehensive lesson plans, reproducible masters, and a bibliography and glossary.

Skills For Growing Program for Grades K-5: Field Test Version

Themes I, II, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Copyright 1988
Publisher Quest International
Distributor Lion's Club
Supplier Vendor Direct (By Inservice Only)
Est. Cost See Note below.

Skills for Growing focuses on helping children learn effective thinking and social skills that lead to positive behaviour. Key program goals include:

- Involving parents, school staff, and the community in supporting the healthy development and success of children.
- Providing opportunities for children to practice good citizenship through service to others.
- Encouraging a healthy, drug-free approach to life.
- Providing support for teachers and administrators through effective materials, high-quality training, and follow-up services.
- Celebrating diversity and encouraging respect for others.

The program focuses on five major themes. These are the same from one year to the next, with different lessons and activities appropriate for each grade. The kit includes K-1 Manual, 2-3 Manual, 4-5 Manual and School Community Manual.

Note: This kit cannot be purchased through the LRDC. It is available only to administrators and teachers who have been inserviced by Lions Quest Canada. Workshops cost $1220.00 for a principal and two teachers. Additional teachers can attend the workshop and receive materials for $470.00.

Springboards: Ideas for Health Education

Series: *Springboards*
Themes I, II, III, IV
Grades 1, 2, 3, 4, 5, 6 ***Authorized Teaching***

Author(s): Llewellyn, J.
Copyright / ISBN 1987 / 0170068099
Publisher Nelson Canada
Distributor Nelson Canada
Supplier LRDC
Order No. 282640 **Est. Cost** $33.35

This teacher resource contains ideas and individual lessons for a health education program at the elementary level. Topics include: accidents and safety, self-concept, emotions and relationships, food and nutrition, understanding and caring for the body, growth and development, sexuality and family life, environment, hygiene and disease, drugs, health care services, and leisure. The subject matter is developed at three levels: lower (age 5-7), middle (age 8-10), and upper (age 11-13). Scope and sequence charts are found in each section and topics are developed sequentially.

Then One Year (2nd Ed.)

Theme V: Human Sexuality
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher Churchill Media
Distributor McIntyre Media Ltd.
Supplier ACCESS Television
Order No. BPN 349301 **Est. Cost** $17.00

This second edition combines material from *Boy to Man* and *Girl to Woman* to provide information for both sexes on the physical and emotional changes that occur during puberty. It helps preteens understand the feelings they have as their bodies prepare them for adulthood.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: January 31, 1998.

Through Moon and Stars and Night Skies

Series: *Reading Rainbow*
Themes I, II
Grades 1, 2, 3, 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Families are created in many different ways. This is a tender story about a family formed through adoption. People everywhere talk about the ups and downs of life as fathers, mothers, sisters, brothers and more. It's a show that everyone can "relate" to.

Tight Times

Series: *Reading Rainbow*
Themes II, III
Grades 4, 5, 6 ***Support***

Copyright 1993
Publisher Great Plains National
Distributor Canadian Learning Company
Supplier LRDC
Order No. Pending **Est. Cost** Pending

Even when times are hard, it's possible to have lots of fun without spending a cent - by working together and using imagination. LeVar Burton visits a pet show and discovers all kinds of unusual pets, including pet rocks. But some children can't have pets, so LeVar introduces the touching story of a little boy who wants a pet at a time when his family is having financial trouble and must hold the line on expenses. LeVar explains that even in "tight times" there are all kinds of ways to have fun without spending a dime, all for the price of a little ingenuity and imagination. A spectacular musical dance number "Check It Out", takes LeVar for a spin around the FREE public library.

What David Found Out

Theme IV
Grades 4, 5, 6 ***Support***

Copyright 1989
Publisher Canadian Cancer Society
Distributor Canadian Cancer Society
Supplier Vendor Direct
Est. Cost Available free of charge

When David learns his mom may have cancer, he sets out on his own mission to find out more about it. He discovers that many cancers are curable and by making good lifestyle choices, some can be prevented. During his research, David learns some surprising facts about his own family and decides to confront them with the evidence he has gathered.

What Should You Do? Deciding What's Right

Theme I, II
Grade 6 ***Support***

Copyright 1992
Publisher Sunburst Communications
Distributor Gage Educational Publishing
Supplier LRDC
Order No. 312588 **Est. Cost** $93.25

This video uses short thought-provoking scenarios that students can relate to and spurs students to explore issues involved in questions of honesty, fairness, and responsibility.

When Sex Is the Subject: Attitudes and Answers for Young Children: Suggestions for Teachers, Parents and Other Care Providers of Children to Age 10

Theme V: Human Sexuality
Grades 4, 5, 6 ***Authorized Teaching***

Author(s): Wilson, P.M.
Copyright / ISBN 1991 / 1560710640
Publisher Network Publications/ETR Associates
Distributor Network Publications/ETR Associates
Supplier LRDC
Order No. 252966 **Est. Cost** $20.75

This handbook explains that the key to effective sex education for young children is NOT just what you say but how you say it. It provides age-appropriate answers to common questions, ground rules for a positive learning environment, and suggestions for parent-teacher partnerships in sex education.

Who Are You?; My Choice; The Real Me; I Do Care; My Family, My Self; I Don't Buy It

Series: *Just for Me*

Theme I, II, III, IV
Grades 2, 3, 4, 5, 6 ***Support***

Copyright 1992
Publisher AIT/Best Foundation for Drug-Free Tomorrow
Distributor Agency for Instructional Technology
Supplier ACCESS Television
Order No. BPN 348300 **Est. Cost** $81.00
(Includes Print)

The *Just For Me* series supports tobacco, alcohol and other drug use prevention education for students in the early elementary years. Six video programs feature dramatic presentations that focus on topics such as self-esteem, decision making, refusal skills, family references, peer pressure, responsibility. The intent is to help students develop the knowledge, skills, attitudes and behaviours needed to prevent drug use in themselves and others. The teacher guide includes lesson-by-lesson suggestions for discussion and activities to accompany the videos. Extension activities and worksheets are also included.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: Rights in perpetuity.

Why Is It Always Me? (2nd ed.)

Theme I, II
Grades 4, 5, 6 ***Support***

Copyright 1992
Publisher Kinetic Inc.
Distributor Kinetic Inc.
Supplier ACCESS Television
Order No. BPN 349201 **Est. Cost** $17.00

This video describes the frustrations and anger that early adolescents face when trying to deal with personal problems. It suggests a logical method of problem-solving that can be used in day-to-day situations.

Please note: The cost includes duplicating charges only. Handling charges and GST are extra.

Expiry date: January 31, 1998.

WITHDRAWALS LISTING

Title	Format	Grade
TO BE WITHDRAWN AUGUST 31, 1996		
All That I Can Be: Grade One *All That I Can Be*	Kit	Grade 1
Back to School with Winnie the Pooh	Kit	Grade 1
Canada's Food Guide (1983, 1986, 1988)	Print	Grade 1
Choosing and Sharing *Health: Decisions for Growth*	Print	Grade 1
Feelings *Health: Decisions for Growth*	Print	Grade 1
First Aid for Children	Print	Grade 1
Traffic Safety: Teacher's Guide	Print	Grade 1
Winnie the Pooh on the Way to School	Videocassette	Grade 1
You and Your Health	Print	Grade 1
Your Health *Healthful Living Program*	Print	Grade 1
All About You (Series) *All About You*	Videocassette	Grades 1, 2
DUSO I	Kit	Grades 1, 2
How do You Feel?	Videocassette	Grades 1, 2
Red Cross Health and Resource Package: I'm Taking Care of Myself	Print	Grades 1, 2
Safety and You	Print	Grades 1, 2
Safety Kids: Volume 1: Personal Safety	Kit	Grades 1, 2
Sense Ability *Health: Decisions for Growth*	Print	Grades 1, 2
Good Food, Good Times	Videocassette	Grades 1, 2, 3
Healthy Ways: Blackline Master Sheets: Master Book 1 *Healthy Ways*	Print	Grades 1, 2, 3
Some Secrets Should Be Told	Videocassette	Grades 1, 2, 3
Yes, You Can Say No	Videocassette	Grades 1, 2, 3
Hole in the Fence, The	Kit	Grades 1, 2, 3, 4
Bread & Butterflies : A Curriculum Guide In Career Development	Print	Grades 1, 2, 3, 4, 5, 6
Career Is What I Do, A	Print	Grades 1, 2, 3, 4, 5, 6
Just for Me *Healthy Ways*	Print	Grades 1, 2, 3, 4, 5, 6
All That I Can Be: Grade Two *All That I Can Be*	Kit	Grade 2
Being Healthy *Healthful Living Program*	Print	Grade 2
Take Care *Health: Decisions for Growth*	Print	Grade 2

WITHDRAWALS LISTING

Title	Format	Grade
You and Your Health (Grade 2)	Print	Grade 2
All That I Can Be: Grade Three *All That I Can Be*	Kit	Grade 3
It's Okay for Me, It's Okay for You *It's Okay to Make Mistakes, What Would You Do?*	Videocassette	Grade 3
What Can You Give? *Health: Decision for Growth*	Print	Grade 3
You and Your Health (Grade 3)	Print	Grade 3
Your Health and You *Healthful Living Program*	Print	Grade 3
Deaf Like Me	Videocassette	Grades 3, 4
Why Did You Eat That?; Why Did You Buy That?; Why Did You Do That?; Why Did You Have Dahl for Dinner? *Nutrition: It's Not Magic*	Videocassette	Grades 3, 4
All That I Can Be: Grade Four *All That I Can Be*	Kit	Grade 4
Bike for Life	Kit	Grade 4
Honeymoon	Videocassette	Grade 4
Human Eye, The (Poster)	Print	Grade 4
Keeping Healthy *Healthful Living Program*	Print	Grade 4
Nutrition Know-How	Print	Grade 4
People Need People	Print	Grade 4
Smoking Health Kit	Print	Grade 4
Sometimes It's OK to Tattle	Videocassette	Grade 4
Up with Nutrition	Print	Grade 4
You and Your Health (Grade 4)	Print	Grade 4
Your Healthy Body	Print	Grade 4
Caffeine	Print	Grades 4, 5
Coffee, Tea and Me	Print	Grades 4, 5, 6
Growing into Womanhood / Growing into Manhood *Physical Growth: Part I*	Filmstrip	Grades 4, 5, 6
Healthy Ways: Blackline Master Sheets: Master Book 2 *Healthy Ways*	Print	Grades 4, 5, 6
Medicine, the Body and Healing	Print	Grades 4, 5, 6
All That I Can Be: Grade Five *All That I Can Be*	Kit	Grade 5
Consider the Source	Videocassette	Grade 5
Human Being Born *Family Living and Sex Education: Series B*	Filmstrip	Grade 5
Human Body, The (Student Text)	Kit	Grade 5

WITHDRAWALS LISTING

Title	Format	Grade
Human Story, The: Facts on Birth, Growth, and Reproduction	Print	Grade 5
Naturally, a Girl	Filmstrip	Grade 5
Ovulation: Mammals *Family Living and Sex Education: Series B*	Filmstrip	Grade 5
Pre-Natal Development *Family Living and Sex Education: Series B*	Filmstrip	Grade 5
Some Scars Do Not Show	Videocassette	Grade 5
There's a New You Coming for Boys	Filmstrip	Grade 5
There's a New You Coming for Girls	Filmstrip	Grade 5
You and Your Health (Grade 5)	Print	Grade 5
Advanced Human Reproduction I and II Combined *Family Living and Sex Education*	Print	Grades 5, 6
Basic Human Reproduction: General Topics *Family Living and Sex Education*	Print	Grades 5, 6
Home Sweet Home; Jeff's Company; Can Do, Can't Do; Brothers and Sisters; Bully *Inside Out*	Videocassette	Grades 5, 6
Alcohol	Print	Grade 6
Alcohol: Do You Know Enough About It?	Print	Grade 6
All That I Can Be: Grade Six *All That I Can Be*	Kit	Grade 6
Boy to Man	Videocassette	Grade 6
Boys for Babies	Videocassette	Grade 6
Choice; Malcolm Decides; We Decide *Trade Offs*	Videocassette	Grade 6
Fitness Carol, A	Print	Grade 6
Girl to Woman (2nd Revision)	Videocassette	Grade 6
Guide to Trade Offs, A	Print	Grade 6
Health for Living *Healthful Living Program*	Print	Grade 6
Human Body, The: Part II	Filmstrip	Grade 6
Human Story, The	Print	Grade 6
Journey Beyond Trips, The (Revised)	Print	Grade 6
Making Decisions: An Approach to Prevention	Print	Grade 6
Super Goop	Videocassette	Grade 6
You and Your Health	Print	Grade 6

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Fax (403) 440-8899

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EDMONTON AB T5L 4X9
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Fax (403) 422-9750

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P.O. Box 6536
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Fax (403) 624-5941

ZONE 2/3
Central Alberta Media Services (CAMS)
182 Sioux Road
SHERWOOD PARK AB T8A 3X5
Phone (403) 464-5540
Fax (403) 449-5326

ZONE 4
Information and Development Services
Parkland Regional Library
Box 1000
5404 - 56 Avenue
LACOMBE AB T0C 1S0
Phone (403) 782-3850
Fax (403) 782-4650

ZONE 5
South Central Alberta Resource Centre (SCARC)
Golden Hills Regional Division
435A Highway #1
STRATHMORE AB T1P 1J4
Phone (403) 934-5028
Fax (403) 934-5125

ZONE 6
Southern Alberta Learning Resource Centre (SALRC)
Provincial Government Administration Building, Room 120
909 Third Avenue North
P.O. Box 845
LETHBRIDGE AB T1J 3Z8
Phone (403) 320-7807
Fax (403) 320-7817

URBAN MEDIA CENTRES

Library / Information Resources & Services
Dept. of Research & System Development
Calgary Board of Education
3610 Ninth Street SE
CALGARY AB T2G 3C5
Phone (403) 294-8544
Fax (403) 287-9739

Curricular Resources
Edmonton Catholic Schools
St. Anthony's Teacher Centre
10425 - 84 Avenue
EDMONTON AB T6E 2H3
Phone (403) 439-7356
Fax (403) 433-0181

Instructional Media Centre
Northern Lights School Division
Postal Bag 1002
4908 - 49 Avenue
BONNYVILLE AB T9N 2J7
Phone (403) 826-3366
Fax (403) 826-2959

Learning Resources Instructional Services
Elk Island Public Schools
2001 Sherwood Drive
SHERWOOD PARK AB T8A 3W7
Phone (403) 464-8235
Fax (403) 464-8033

Instructional Materials
Calgary Separate School Board
6220 Lakeview Drive SW
CALGARY AB T3E 6T1
Phone (403) 246-6663
Fax (403) 249-3054

Learning Resource Consultant
Edmonton Public School Board
Centre for Education
1 Kingsway Avenue
EDMONTON AB T5H 4G9
Phone (403) 429-8320
Fax (403) 429-8318

Coordinator of Instruction
Red Deer Public School Board
4747 - 53 Street
RED DEER AB T2N 2E6
Phone (403) 342-3740
Fax (403) 347-8190

Instructional Media Centre
Medicine Hat School District
601 First Avenue SW
MEDICINE HAT AB T1A 4Y7
Phone (403) 528-6717
Fax (403) 529-5339

SUPPLIERS

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EDMONTON AB T5J 3M9
Phone (403) 427-0116
Fax (403) 422-5237

Agency for Instructional Technology
(Instructional Media) (AIT)
P.O. Box A
BLOOMINGTON IN 47402-0120 USA
Phone (812) 339-2203
Fax (812) 333-4218

Canadian Cancer Society
Alberta/NWT Division
200, 2424 - 4th Street SW
CALGARY AB T2S 2T4
Phone (403) 228-4487
Fax (403) 228-4506

Canadian Learning Company Inc.
63 Mack Avenue
SCARBOROUGH ON M1L 1M5
Phone (800) 267-2977, ext. 303
Fax (416) 691-8833

Canadian Red Cross Society
Alberta/Northwest Territories Division
737 - 13th Avenue SW
CALGARY AB T2R 1J1
Phone (403) 541-4400
Fax (403) 541-4444

Child Abuse Research & Education Assoc. (CARE)
P.O. Box 183
SURREY BC V3T 4W8
Phone (604) 581-5116
Fax (604) 581-3307

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Phone (800) 263-6910 ; (416) 963-5979
Fax (416) 925-0653

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Fax (403) 495-6412

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SCARBOROUGH ON M1K 5G4
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Fax (416) 752-9365

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Fax (416) 598-1565

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Red Deer Regional Health Unit
2845 Bremner Avenue
RED DEER AB T4R 1S2
Phone (403) 341-2100
Fax (403) 341-2196

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123 Newkirk Road
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Phone (800) 268-3848
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Visual Education Centre
41 Horner Avenue, Unit 3
ETOBICOKE ON M8Z 4X4
Phone (800) 668-0749 ; (416) 252-5907
Fax (416) 251-3720

OTHER SOURCES

Alberta Lung Association
Box 4500
EDMONTON AB T6E 6K2
Phone: (403) 492-0354
Fax: (403) 492-0362
or toll-free at 1-800-661-LUNG (within Alberta)

The *Smoke Free Class of 2000* curriculum program is designed to provide teachers with information they may use to teach students about the dangers associated with smoking and alternatively, the benefits of choosing a healthy lifestyle by remaining smoke-free. Teaching kits for levels one through eight are available free of charge.

The Alberta Lung Association also promotes *Lungs In Action*, an activity based, fund raising program that promotes health and fitness while raising funds for your school and the *Smoke Free Class* curriculum program. Schools can choose to participate in October, January, March or May.

A teacher's resource catalogue, listing films, videos and printed information is also available. Films and videos may be borrowed for a two week period.

Alberta Asthma Centre
3rd Floor, Aberhart Centre
P.O. Box 4033
11402 University Avenue
EDMONTON AB T6E 6K2
Phone: (403) 492-9564
or toll-free 1-800-661-LUNG (within Alberta)

RAP: Roaring Adventures In Asthma Education for Children is a program designed to assist children with asthma ages 7 to 12 years to develop the knowledge, attitudes and skills required to live an active healthy life. Six, forty minute sessions feature an interactive puppet who shares asthma stories and experiences, and promote understanding of monitoring skills, trigger avoidance, proper use of medication, asthma signs and how to exercise.

The Alberta Asthma Centre also has the *Alberta Asthma Network Resource Catalogue* that lists a number of resources targeted for health professionals, teachers and people with asthma and their families.

Alberta Health: Mental Health Division
Fourth Floor
Seventh Street Plaza- South Tower
10030 -107 Street
EDMONTON AB T5J 3E4
Phone: (403) 427-2816
Fax: (403) 422-9681

Making the Best of Myself-It Begins and Ends With Me is a project for Grades 4, 5, and 6 teachers. Alberta Health distributed three packages to each school in August, 1993. This resource provides a teacher's discussion guide that focuses on a mental health theme for each month in the school year. Copies should be available in your school or by contacting Alberta Health: Mental Health Division.

AADAC (The Alberta Alcohol and Drug Abuse Commission)
Provincial Programs
2nd Floor, Pacific Plaza
10909 - Jasper Avenue
EDMONTON AB T5J 3M9
Phone: (403) 427-0116

Sense & Nonsense: Making Decisions About Drugs is an authorized teaching resource for Grades 4-6. Booklets, pamphlets, and brochures are available as background information for teachers. If you would like any further information, contact your local AADAC office, or AADAC in Edmonton.

Alberta Health
Provincial Aids Program
9th Floor, 10025 Jasper Avenue
Box 1360
EDMONTON AB T5J 2N3
Phone: (403) 427-0836
Fax: (403) 422-6663

In 1990 Alberta Health, in cooperation with Alberta Education, provided the *AIDS Resource Kit* to elementary schools, health units and public libraries. The *Resource Kit (Blue Box)* contains parent/teacher references; Albertan, Canadian and International statistics; HIV/AIDS pamphlets for teachers/parents; an annotated bibliography; *Come Sit by Me* story book, video and poster for primary students; the video *Slim Goodbody's Protection Against Infection: Inside Story of Immune System and AIDS*; and a student booklet and teacher's guide entitled *Learning About AIDS*. Although the resource kits (Blue Boxes) are no longer available, components of the kit can be found in school libraries, health units and public libraries.

Alberta Agriculture, Food and Rural Development
Home Economics and 4-H Branch/Home Study
2nd Floor, J.G. O'Donoghue Building
7000 - 113 Street
EDMONTON AB T6H 5T6
Phone: (403) 427-2412 (For further information)
(403) 427-2171 (To place order)

Explore Nutritious Alberta is a resource package for Grades 1 to 6 that provides a variety of lesson plans and student activities on nutrition and healthy lifestyle choices.

Rainbow Cafe is a resource package that includes a fifteen minute video, a large glossy poster and reusable stickers. The instructor's guide provides outlines for three learning activities, plus several publications featuring information on *Canada's Food Guide to Healthy Eating*. The cost of the kit is $50.00 plus GST.

Canadian Cancer Society
Alberta/NWT Division
#200, 2424 -4 St. S.W.
CALGARY AB T2S 2T4
Phone: (403) 294-8101
Toll Free: 1-800-661-2262 (within Alberta)
Fax: (403) 228-4506

Living With Sunshine: A Primary Teaching Resource on Sun Protection for Grades 1-3 has been developed with the Canadian Dermatology Association as a resource for Grades 1 - 3 on the topic of the sun and its effects. *What David Found Out* is a video authorized for grades 4-6 Health.

Contact your local office or the office listed above for more information.

St. John Ambulance
Alberta Provincial Headquarters
10975 - 124 Street
EDMONTON AB T5M 0H9
Phone: (403) 452-6565
Fax: (403) 452-2835

The *We Can Help* program, designed for grade 3 students, was made available to all schools in the province. It is a ten lesson first aid and safety awareness program. The program materials include an Instructor Resource Book and Poster Kit for the teacher as well as an Activity Book for each student. Each student receives a certificate upon completion of the program.

In addition, the *Emergency First Aid* program is subsidized when it is used by schools, and volunteer instructors are available for demonstrations and talks. Teachers should contact the branch nearest them to obtain more copies of the *We Can Help* materials. They are available free of charge.

Alberta Construction Safety Association
10949 - 120 Street
EDMONTON AB T5H 3R2
Phone: (403) 453-3311 or 1-800-661-2272
Fax: (403) 455-1120

Danger, Keep Out! and an accompanying booklet entitled *Kids + Construction = Danger* was distributed to each school jurisdiction in Alberta. These resources are designed to teach safety around construction sites. The Association also has eight regional safety committees throughout Alberta through which guest speakers can be arranged.

Grey Nuns Community Health Centre
Health Resources Center
1100 Youville Drive West
EDMONTON AB T6L 5X8
Phone: (403) 450-7312
Fax: (403) 450-7633

The *Bicycle Helmet Safety Campaign Resource Kit* video *Safety's Gone to the Head*, which is authorized for grades 4 to 6 Health and a manual to help implement a bicycle safety program in a school or community.

Dairy Nutrition Council of Alberta
14904 - 121A Avenue
EDMONTON AB T5V 1A3
Phone: (403) 453-5942 (Edmonton)
or 1-800-252-7530 (Toll free - Alberta)

The Dairy Nutrition Council of Alberta offers teaching packages, visual teaching aids, specialty teaching tools, and dairy nutrition and product information. A catalogue listing resources, descriptions and target audience is available to teachers. The Dairy Nutrition Council also offers nutrition education workshops to Alberta teachers. The workshops provide resource materials and information designed to compliment the Alberta curriculum. Workshops can be booked by phoning their office.

"Schools Come Alive" Project
#409, 11010 - 142 Street
EDMONTON AB T5N 2R1
Phone: (403) 454-4745 (Edmonton)

Active Living Can Help Your Schools Come Alive is available free of charge to schools in Alberta and includes overheads, intramural ideas, school projects, and general healthy lifestyle ideas. For information, materials or inservice, contact Marg Schwartz at the number listed above.

Regional Health Authorities also make a variety of health resources available to schools. Contact the Public Health Nurse at your local centre.

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